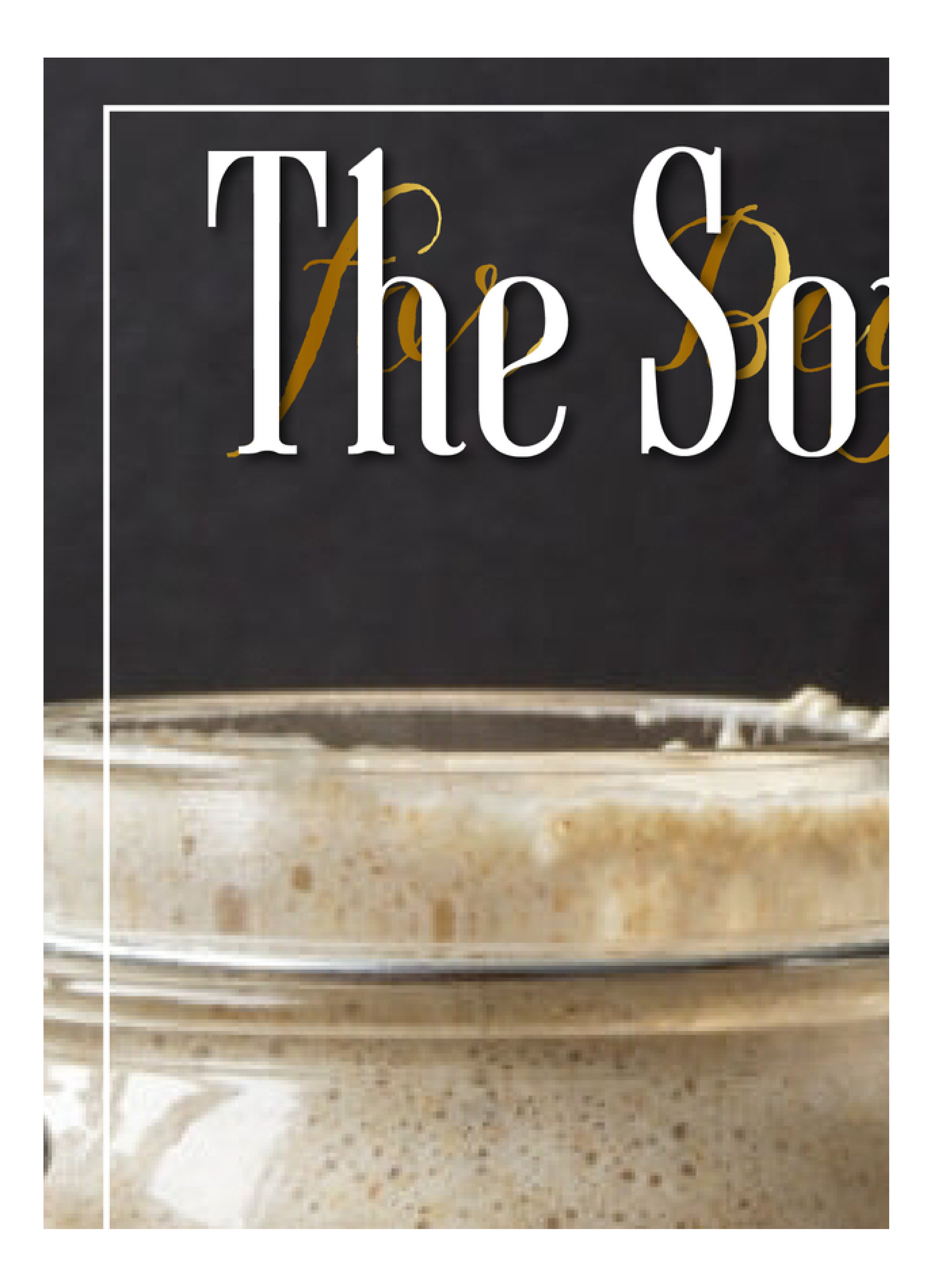
The Sourdough Cookbook

for Beginners

LEARN THE FINE ART OF FERMENTED BREAD AND BECOME A MASTER BAKER

Achieve Perfection with More Than 40 Mouthwatering Recipes

Grace Dough


The So
for



THE COMPLETE SOURDOUGH COOKBOOK FOR BEGINNERS

Learn the Fine art of Fermented Bread and become a Master Baker

Table of Contents

Introduction

D ating back tens of thousands of years, Sourdough is the oldest type of leavened bread globally. And if it has something of a revival, it's neither modern nor a fad. Indeed, the only reasonably new thing about Sourdough is how it is talked of today since Sourdough was known as "bread" once upon a time.

The leavening (or rising) of dough has, for centuries, been a by-product of an essential process called fermentation. Fermentation sees natural bacteria and yeasts digesting the carbohydrates present in a batter made of flour and water, creating carbon dioxide bubbles that cause it to rise. The process also makes lactic and acetic acids, which account for the natural fermented bread's tangy, sour aroma and flavor.

Natural fermentation begins with a starter-a pre-fermented, highly active flour mixture that the baker cultivates and preserves. Once that starter is introduced into a higher quantity of flour, water, and salt, with all its yeasts and bacteria, it becomes an airy, tangy dough, which can be baked into what we now know as sourdough bread.

The Sourdough has one more important ingredient: work.

Baking with natural yeasts is not something that well translates precision ingredients, timings, and temperatures into the modern recipe format. It's much freer than that, an environmentally and personally special thing. For this reason, you can rarely get the results you want after a recipe. The early days' problem is that you are afraid if you had to step away from the method and unable to understand what it should be.

While baking can sound daunting in this way, it is an advantageous and exciting skill to learn. This will guide you away from the recipes and trust your intuition. Instead of a strict recipe, this cookbook has included all the basics of sourdough starter and the science behind its working so that you can make changes as you want to, knowing that it will not turn out as a disaster.

When you hate carbs but enjoy bread, Sourdough may be the answer to your wishes. However, not all bread is created equal. Sourdough bread goes through a long fermentation cycle that breaks down starches, so it is lower than other types of bread on the glycemic index. In a study comparing white

bread, whole wheat bread, whole grain wheat barley bread, and white sourdough bread, the lowest levels of blood sugar and insulin in people who consumed sourdough bread were found. Also, their decreased glucose levels remained until the next meal .

For most people to eat more sourdough bread, they don't need much convincing. Reason enough is the dynamic taste, the crusty exterior, and the airy interior. But even if you're fond of sourdough bread, making it at home can be overwhelming, particularly if you've never taken care of culture before.

It is possible to buy sourdough loaves made traditionally, but they are most often sold at artisan bakeries and can be costly. Many of the bread in the grocery store branded as Sourdough is made with commercial baker's yeast, with a little sourdough added for flavoring.

Don't worry! Making sourdough bread at home isn't that hard. It is much easier to maintain a healthy sourdough culture than many people make it, and no-knead sourdough bread takes time but minimal effort.

Sourdough fans and other artisan food spend weeks brewing their perfect culture-some do it for health benefits, while others do it for the pure joy of making great bread. Sourdough bread provides a perfect alternative to regular bread. Its lower levels of phytate make it nutritious and more comfortable to digest.

Sourdough bread also tends to raise blood sugar levels less, making it a choice for those who track their sugar in the blood. Given anything, it's worth a try.

Part One: Six Days to Your First Starter



1



The First Six Days

To make a sourdough starter, you will mix flour and water, cover the mixture loosely, and allow yeast and bacteria in the air and on the flour itself to multiply. For the right yeast and bacteria populations to dominate in a new starter, you will need to feed it fresh flour and water every day for about six days. After that, the microbial populations will be established, you can make bread with your starter, and you can store the starter in the refrigerator and feed it less often. Feeding and maintenance are far more

flexible than most sourdough books, and online resources would lead you to believe.

Please keep in mind that your starter in your kitchen may be a little faster or slower than this schedule, so don’t worry if you’re off by several days.

Day One

In a clean quart-size or larger jar, mix 60 grams of unbleached flour with 60 grams of unchlorinated water. This is approximately ½ cup of flour and ¼ cup of water .

Stir the mixture into a uniform paste using a fork thoroughly. Then scrape down using a spatula on the sides of the jar.

Wrap a rubber band around the jar at the starter's top-level and loosely cover the jar without screwing on the lid. Leave the jar at room temperature.

On day one, the starter is in the earliest stages of fermentation. The flour's sugars are becoming available to bacteria and yeast in the flour and in the air. You may see one or more bubbles on the surface of the starter as day one progresses.

Day Two

Note the appearance of your starter, both on the surface and through the glass of the jar. Smell your starter and listen to the crackling of released air when you stir it.

Add to your existing starter 60 grams of unbleached flour and 60 grams of unchlorinated water. Stir the mixture using a fork a uniform paste. Then scrape down using a spatula on the sides of the jar.

Move the rubber band around your jar to the starter's top-level and loosely cover the jar without screwing on the lid. Leave the jar at room temperature.

On day two, bacteria consume more of the sugars and starches and make bubbles in the mixture, but yeast activity is minimal. As day two progresses, you will likely see some expansion of the starter past the rubber band and multiple bubbles on the surface and against the sides of the jar.

Day Three

Note the appearance of your starter, both on the surface and through the glass of the jar. Smell your starter and listen to the crackling of released air when you stir it.

Add to your existing starter 60 grams of unbleached flour and 60 grams of unchlorinated water. Stir the mixture using a fork into a uniform paste. Then scrape down using a spatula on the sides of the jar.

Move the rubber band around your jar to the starter's top level and loosely cover the jar without screwing on the lid. Leave the jar at room temperature.

On day three, the starter is becoming more acidic, making the bacteria less active, but this lower pH will eventually support more yeast activity. Your starter will probably begin to smell a bit sour, look bubbly, and crackle when you mix at the beginning of day three. However, in the 24 hours after today's feeding, you'll likely see fewer bubbles and minimal expansion past the rubber band.

Day Fou r

Note the appearance of your starter, both on the surface and through the glass of the jar. Smell your starter and listen to the crackling of released air when you stir it. Add to your existing starter 60 grams of unbleached flour and 60 grams of unchlorinated water.

Stir the mixture using a fork into a uniform paste. Then scrape down using a spatula on the sides of the jar.

Move the rubber band around your jar to the starter's top-level and loosely cover the jar without screwing on the lid. Leave the jar at room temperature.

On day four, the pH is still dropping in your starter, and the yeast and bacteria are relatively dormant. The starter will continue to smell a bit sour, and it may not expand or bubble much after today's feeding. You might notice that the starter is creamy, as opposed to stretchy when you mix it.

Day Five

Note the appearance of your starter, both on the surface and through the glass of the jar. Smell your starter and listen to the crackling of released air when you stir it.

Add to your existing starter 60 grams of unbleached flour and 60 grams of unchlorinated water. Use a fork to stir the mixture to make sure all of the flour is incorporated. Then scrape down the sides of the jar using a spatula.

Move the rubber band around your jar to the starter's top level and loosely cover the jar without screwing on the lid. Leave the jar at room temperature.

The optimal varieties and ratios of yeast and bacteria in your starter are beginning to flourish, and bubbling and expansion are resuming. After this feeding, your starter will probably expand by about 20% and have bubbles on its surface and through the glass. The starter will also smell sour.

Day Six and Beyond

After your starter has expanded from the previous feeding, you can separate it into a discard jar and an active starter jar. We suggest at least one more room temperature feeding to establish your starter before refrigerating or using it.

Transfer 40 grams of your starter into your second jar (the active starter jar) and feed it 40 grams of water and 40 grams of flour. Mark the level with a rubber band .

If you wish to bake right away, you will use a portion of your active starter when it doubles (or triples) in height within the jar. If your starter takes more than 12 hours to double, you can discard 80 grams of it and refeed it 40 grams of flour and water, as previously described.

You can also use it as is, but expect that your first dough rising time may be longer than the ranges listed in the recipes in this book. After using some of your starters to bake, you will feed it the remaining starter, leave it on the counter for about an hour, and then refrigerate it.

If you wish not to bake it right away, after your starter has doubled in size, you can store it in your refrigerator.

Put your discard jar of the remaining starter in your refrigerator. The discard can be stored for many weeks, though it will become increasingly sour.

Troubleshooting

Nothing Is Happening to My Starter.

Make sure you're using unbleached flour and unchlorinated water and that you're not making an airtight seal with the lid of your jar.

Sometimes sourdough starter takes longer to develop. The six-day timeline is average, but the process could be shorter or longer. Be patient if it seems like nothing is happening. If your ambient temperature is under 70°F, consider using warm water at your next feeding (80°F to 90°F), which will encourage fermentation.

It’s Been More Than Six Days, and My Starter Are Bubbly, But It Doesn’t Expand Much from One Feeding to The Next.

Try thickening your starter to better trap the air bubbles from fermentation. Make sure you’re waiting until the starter peaks and needs feeding, then feed it more flour than water (e.g., 50 grams flour and 40 grams water).

My Starter Expands and Then Sinks Before the Next Day.

If the ambient temperature is high, your starter may be developing a bit faster than the provided timeline. Specifically, it is going through the food at a faster pace. You can shorten the time between feedings to fewer than 24 hours, or you can increase the feeding amount each day by 10 grams of flour and 10 grams of water.

There’s Watery Liquid on Top of My Starter .

Clear, grayish, or brownish liquid on the top of the starter is an alcohol by-product of fermentation called hooch. This usually develops after the starter's food supply has run out and is an indication that the starter needs to be fed. Pour or mix it back into the starter with your next feeding. As with the previous troubleshooting tip, you can shorten the time between feedings to fewer than 24 hours, or you can increase the feeding amount each day by 10 grams of flour and 10 grams of water.

My Starter Smells Unpleasant, Harsh Like Acetone, Or Cheesy.

This is due to certain microbes' temporary dominance, but it will resolve itself and is not a problem. Simply feed your starter according to the provided schedule. The unpleasant smell should evolve into a softer, sweet-sour aroma within a few days.

Mold Is Growing on My Starter.

Mold growth means that an unwanted microbe took hold and crowded out the Lactobacillus and yeast. The issue could have originated in the flour, water, air, or mixing utensils. We usually recommend you start over at this point. Ensure you wash all your equipment (jar, fork, and spatula) with hot soapy water, and let everything dry thoroughly before beginning again.

2 Using Your Starter



Understanding the process of baking sourdough bread, like any craft, comes from a combination of studying and doing. In this part, we'll outline the stages of the bread-baking process using your starter so that you understand the how and why of the various steps. Then, you can dive in and begin to learn from doing. Our goal is to make the bread-baking process as simple as possible without sacrificing quality.

Autolyse

This is an optional stage that we don't use much in this book in which you mix only the flour and water in a recipe and let it sit for anywhere from 30 minutes to many hours. Hydrating the flour releases enzymes that encourage elasticity in the dough and begin breaking the starches into sugars to be eventually consumed by the starter.

Autolysing also gives the dough ahead starts on gluten development, which can be helpful with short-fermenting doughs, for which the window of gluten development is narrow. Also, autolysing can soften the bran in the dough that contains a lot of whole-grain flour. After the autolyse, the starter and salt are mixed into the dough.

Mixin g

Most recipes in this book will begin with mixing all or most of the ingredients in a bowl until they are well incorporated. In addition to evenly distributing the ingredients throughout the dough, mixing adds air to the dough and starts gluten development. Using a stand mixer is always an option, and for some recipes, such as Brioche, it’s preferred but not required.

Gluten Development

The first recipe in this cookbook is “no-knead,” meaning you won’t be doing anything to the dough between the initial mix and the preshape. In the recipes that follow, we often recommend dough manipulation in stretching and folding, which develops gluten and enhances the oven spring and airiness of the loaves' interior.

Doing these maneuvers on the dough is not required to create a lovely-looking, delicious bread. If you want to make a particular recipe and have time only to mix the ingredients, then go for it. As insurance, you can even use less starter to extend the fermentation time, helping develop gluten.

Bulk Fermentation or First Rise

As soon as you mix your starter into a dough, the bulk fermenting begins. This stage is often the longest in the bread-making process. At room temperature and with a moderate amount of starter, this stage can be 6 to 12 hours. If you use a very small amount of starter or put your dough in the refrigerator during some of the bulk fermentation, it can last more than 24 hours.

Active and passive gluten development happens during this stage, and your dough transforms through fermentation from being a dense mass to being aerated and stretchy and almost doubling in size.

Preshaping

The preshape is when you remove your bulk-fermented dough from the bowl. If the dough is for multiple loaves or rolls, you divide it. You then shape the dough or multiple pieces of dough into a ball (or balls). This further strengthens the gluten and helps the dough structure line up for the final shaping.

Bench-Rest

After the preshape, the dough rests on the counter, usually covered, for 20 to 30 minutes. This allows cut pieces of dough to come together and gives the gluten strands time to realign. It also relaxes the gluten to do a tight, final shaping without tearing the dough.

Shapin g

Artisan-style sourdough bread is usually baked freestanding in an enclosed vessel with minimal side support. They're shaped tightly and placed in a basket to help ensure they retain their shape through the final proof and baking expansion. The most common shapes are a boule and a bâtard, French for "ball" and "short stick." Among the shaping videos on our website is one for an oblong loaf, as well, which looks like a longer bâtard.

Boule

Flour the top of your dough after the bench rest, then flip it over. Stretch a corner of the dough outward before folding it inward. Do this all around the dough, 5 to 6 times, creating a ball.

Flip the dough onto the seam of the ball. Using your bench knife or the palm of your hand, push the dough away and then toward you in an upside-down U shape.

Friction between the dough and countertop should make the surface of the dough tauter as you repeat this motion. Do this until the ball is tight and its surface is smooth.

Bâtard

Flour the top of your dough after the bench rest, then flip it over. Gently stretch the dough outward into a square shape.

Fold the top of the square downward, leaving about two-thirds of the dough uncovered. Fold the left and right sides inward, in overlapping thirds like a letter fold.

Fold the bottom upward from each corner, leaving a little triangle point at the base. Pick up this point and begin to roll the dough away from you into a tube, tucking the roll inward as you go, to create a tight surface on your roll.

Using your bench knife or the palm of your hand, alternate pulling the tube toward you and pushing it away from you on the countertop until the tube is

tight and the surface is smooth.

Pinch the dough on the sides of the tube with your fingers to close the roll's seams.

Final Proof or Second Rise

For artisan-style loaves, you will place the dough seam-side up in your well-floured proofing basket for the second rise. The smooth dough surface at the bottom of your basket will eventually be the top of your loaf. During this stage, your dough is in its final shape, and it continues to ferment and rise. This stage can be at room temperature anywhere from 45 minutes to 6 hours, depending on how warm it is and the remaining food supply in your dough. Or the final proof can be in the refrigerator anywhere from 10 to 16 hours, depending on your refrigerator temperature and the remaining food supply. You can also combine some time at room temperature with sometime in the refrigerator.

A long, cold, final proof adds complexity and sourness to the flavor of your bread. Time in the refrigerator also benefits from stiffening your dough a bit, making it easier to handle if it needs to be transferred into a baking vessel, as with artisan-style bread.

Some dough shapes, such as baguettes, require too much refrigerator space for a cold, final proof to be an option for most people.

Browning

When making pan loaves or rolls, you might brush the dough with milk to encourage browning, or egg, for browning and shine. If your bread is browning fast, you can cover it with aluminum foil.

Scoring

When you first put an artisan-style loaf into the oven, the heat causes oven spring, or rapid expansion of the dough, which can cause the crust to crack open haphazardly at any weak areas in the surface. To avoid this, bakers make strategic cuts, or “scores,” in the dough's surface just before putting it into the oven.

Scoring directs the oven spring force into an aesthetically pleasing shape and can also influence the interior of the loaf. The opening of the cuts is called the “bloom” of the score. Here are some aspects of scoring that are worth noting:

Scoring is easiest on the cooler and drier dough and more challenging when the dough is warmer or wetter.

If you want your scoring pattern to stand out, gently rub additional flour onto the dough surface before scoring. This will make for high contrast between the un-floured openings and the rest of the crust.

If you want your bread to be uniformly golden brown, brush off excess flour from the dough surface, score it, and use a pastry brush to carefully paint water onto the dough surface, avoiding the score openings.

Usually, the cut is done at an angle of 35 to 45 degrees to the dough's surface for scoring styles that create a peeled-back crust, sometimes referred to as an "ear."

Cuts for something like a grid pattern or a square of slashes are usually done at a 90-degree angle, straight into the dough.

- Underproofed dough (dough with more gluten and gluten development) and drier dough are more likely to open your score wide. If you want an intricate score in these cases, you'll need at least one large cut to absorb most of the oven spring.
- Overproofed dough (dough with less gluten and gluten development) and wetter dough are less likely to open your score wide. These doughs often can retain intricate and detailed scoring without distortion or the need for a large primary cut in the dough.

Baking

Artisan-style bread needs high heat and steam at the beginning of its baking to expand nicely and achieve the desired crispy crust. To do this in the easiest way is to bake the bread at a high temperature (450°F or higher) in a covered vessel, such as a Dutch oven, clay baker, or covered roasting pan. The dough's moisture gets trapped in the vessel and provides the ideal amount and timing of steam.

An alternate way of achieving a hot, steamed bake is to preheat a pizza stone, baking steel, or a baking sheet (do not exceed 450°F if nonstick) for the dough to sit on. To make steam in this scenario, you also preheat an aluminum foil pan with a small hole poked into it. This goes on the rack

under your stone. When you load your dough on the pizza stone, you pour a cup of boiling water into the aluminum pan, and the water drips through the hole onto the oven floor to create the right amount of steam with good timing.

Artisan-style bread is finished baking when the internal temperature is 205°F or higher. Pan loaves and soft bread are usually baked at temperatures under 400°F and don’t require steaming. This bread is finished baking when the internal temperature is over 190°F.

Cooling

No one will fault you for digging into a hot pan of cinnamon rolls, but for most other bread, it’s worth waiting about 2 hours for the interior to set as it cools. Otherwise you risk a gummy-textured crumb. Bread made from rye flour should be allowed to set longer, as much as 24 hours, if rye is the only flour used in the recipe.

Serving

There are many ways to serve bread, and it comes down to your preference and experimentation. Toasted, gently warmed in the oven, and room temperature is the most common serving methods.

Storag e

Sourdough bread resists staling and molding for quite some time, but a few practices can extend its life. You can leave artisan-style bread cut-side down on a cutting board for a few days, covering the bread with a tea towel if you want. On day three or four, you can slice and freeze any leftover bread in a zip-top bag to be warmed up in a toaster one slice at a time.

You can also leave pan loaves cut-side down on a cutting board. After they’ve completely cooled down, place the bread in a plastic bag or wrap it in a waxed cloth. Again, any leftover bread can be sliced and frozen in a zip-top bag after a few days and warmed up in a toaster one slice at a time.

Part Two: Recipes



3 Artisan-Style Sourdough Brea d

Basic No-Knead



Preparation time: 10-16 hours

Cooking time: 40 minutes

Servings: 1 loaf

Ingredients:

- 500 grams all-purpose or bread flour
- 350 grams water
- 70 grams sourdough starter
- 10 grams salt (1¾ teaspoons)

Directions:

- Mix the flour, water, sourdough starter, and salt in a bowl with room for the dough to double in size. Cover the bowl, noting the level of the dough in the bowl and the time.

- When your dough has almost doubled in size, and the surface is puffy and bubbly, end the bulk fermentation. This will likely be 8 to 12 hours from mixing.
- Scrape your dough out of the bowl onto a well-floured countertop and preshape it into a ball. Cover the dough with your inverted bowl and let it bench rest within 20 minutes.
- Flour the top of your dough and use your bench knife to flip it onto the floured side. Shape the dough into a bâtard or boule. Let the shaped dough rest on its seam, then place the dough in the basket seam-side up.
- Cover the basket, then let your dough rise again within 1 to 3 hours for the final proof. It will expand in your basket but not double in size. If you wish to bake much later, you can do the final proof in the refrigerator for 10 to 12 hours and bake the dough directly from the cold.
- Preheat your oven and baking vessel within 30 minutes at 500°F (or 450°F if that is the heat limit of your baking vessel). Flip the dough out of your basket onto parchment paper, and score the top.
- Move the parchment and dough to your baking vessel base, cover, and return the vessel to the oven. Bake for 20 minutes, and then lower the oven temperature to 450°F (if applicable). After 10 minutes, remove the lid, and after an additional 5 to 10 minutes, remove the bread from your oven.

1 Let the bread cool on a rack within about 2 hours before slicing.

Nutrition:

Calories: 293

Carbs: 61g

Fat: 1g

Protein: 8g

Classic Artisan



Preparation time: 14-21 hours & 40 minutes

Cooking time: 30-35 minutes

Servings: 2 loaves

Ingredients:

For Activating the Starter:

- 19 ounces (2 cups) sourdough starter
- 8 ounces (1 cup) lukewarm (90°F to 100°F) pure filtered or bottled water
- 8 ounces (2 cups) whole-wheat flour

For the Bread Dough:

- 19 ounces (2 cups) active sourdough starter
- 26 ounces (5½ cups) whole-grain whole-wheat flour
- 8 ounces (1 cup) milk (whole or 2 percent)
- 4 ounces (½ cup) room temperature (75°F) pure filtered or bottled water
- 4 ounces (1 stick) good quality butter, melted and cooled
- 3 ounces (¼ cup) honey, preferably local

- 2½ teaspoons fine sea salt
- Olive oil or nonstick cooking spray for preparing the bowls, bread pans, and spraying the loaves

Directions:

- Mix the starter, lukewarm water, plus flour, completely incorporating into the starter in a medium bowl. Loosely cover, then let sit on the counter until ready to use, 6 to 12 hours.
- Stir the active starter, whole-grain flour, milk, room temperature water, butter, and honey in a large bowl. Let the dough rest for 20 minutes.
- Add the salt and, in the bowl, knead it in, kneading for at least 5 minutes. If the dough is too sticky, knead it a bit longer.
- Generously coat a large bowl with olive oil and transfer the dough to it, turning to coat all sides. Cover the bowl with a clean kitchen towel and place it in a warm, draft-free place. Let the dough rise within 3 hours. The dough should double in size.
- Coat two 8½-by-4½-inch bread pans with cooking spray and set aside. Lightly flour a breadboard or clean work surface and turn the dough out onto it. Divide the dough in half. Shape the dough pieces about the same size as the bread pans you are using.
- Now, pull the ends, picking up the dough, and slapping it onto the surface as you lengthen the dough until it's twice the size of the bread pan. Fold one end of the dough over one-third of the way across the loaf. Fold the other end over one-third of the way. At the end near you, press down to seal the fold.
- Starting at the top of the dough, roll it in toward you about four times until the dough is about the bread pan's size. Lightly roll the dough back and forth to even out the loaf.
- Put the dough in one of the prepared bread pans. Repeat the dough-shaping steps with the remaining piece of dough. Spray each loaf with olive oil and cover with plastic wrap. Let rise for 2 to 3 hours.
- Preheat the oven to 400°F. Using a bread lame or very sharp knife, slash the top of each loaf. Bake within 30 to 35 minutes, or until the

bread is browned on top, sounds hollow when tapped with your finger, and reaches an internal temperature of around 205°F on a digital food thermometer.

- Cool the bread in the pans for 5 to 10 minutes. Remove from the pans and transfer to a wire rack to cool completely.

Nutrition:

Calories: 50

Carbs: 11g

Fat: 0g

Protein: 1g

100% Whole Grain

Preparation time: 8-20 hours

Cooking time: 40 minutes

Servings: 1 loaf

Ingredients:

- 550 grams whole grain flour
- 490 grams water
- 70 grams sourdough starter
- 12 grams coarse salt (2 teaspoons)

Directions:

- Approximately 4 to 8 hours before you want to start mixing your dough, build a whole grain sourdough starter by taking ½ teaspoon of your existing starter and mixing it with 35 grams of whole grain flour and 35 grams of water.
- After the starter's expansion has peaked, feed it again if you need more starter or want the starter to have even less of the original all-purpose flour. Note that the starter will ferment a little faster than the refined flour starter, and it will have fewer surface bubbles due to a weaker gluten network.
- Combine the flour and water in a medium bowl and mix thoroughly. Set aside for about 1 hour. Add the starter to the surface of the autolysed dough, fold the dough over itself, and add the salt. Fold and squeeze the dough until the new ingredients are incorporated.
- If your dough starts to tear, let it rest for a few minutes and then resume folding and squeezing. Cover your dough and let it rest on your counter within 30 minutes.
- With your damp fingertips, stretch, then fold the dough, lifting the edge of one side of the dough and folding it over to the other side. Go around the bowl two or three times, stretching and folding each side until it feels tighter. Cover and let the dough rest again within 30 minutes.

- Do it for three more rounds of stretching and folding, with 30-minute rests. When your dough has almost doubled in size, then the surface is puffy and bubbly, end the bulk fermentation. Depending mostly on the ambient temperature, this will likely be 6 to 10 hours from mixing in the starter and salt.
- Scrape your dough onto a well-floured countertop and preshape it into a ball. Wrap the dough with your inverted mixing bowl, then let it bench rest within 20 minutes. Flour the top of your dough, then use your bench knife to flip it onto the floured side. Shape the dough into a bâtard or boule.
- Rest your shaped dough on its seam, then put the dough in the basket seam-side up. Wrap the basket and let the dough rise for another 45 minutes to 3 hours for your final proof. It will expand in the basket but not double in size.
- If you wish to bake much later, you can do your final proof in the refrigerator within 10 to 12 hours and bake the dough directly from the cold. Preheat your oven plus your baking vessel for 30 minutes at 500°F (or 450°F if that is the heat limit of your baking vessel).
- Flip your dough out of your basket onto a piece of parchment paper, and score the top. Move the parchment and dough to your baking vessel base, cover, and return the vessel to the oven.
- Bake for 20 minutes, and then lower the oven temperature to 450°F (if applicable). After another 10 minutes, remove the lid, and after an additional 5 to 10 minutes, remove the bread from your oven with an internal temperature of 205°F or higher. Let the bread cool on a rack within 2 hours before slicing.

Nutrition:

Calories: 90

Carbs: 18g

Fat: 1g

Protein: 4g

Whole Grain Spelt

Preparation time: 8-20 hours

Cooking time: 40 minutes

Servings: 1 loaf

Ingredients:

- 450 grams whole grain spelt flour
- 330 grams water
- 70 grams sourdough starter
- 9 grams salt (1½ teaspoons)

Directions:

- Approximately 4 to 8 hours before you want to start mixing your dough, build a whole grain spelt sourdough starter by taking ½ teaspoon of your existing starter and mixing it with 35 grams of whole grain spelt flour and 35 grams of water.
- After the starter's expansion has peaked, feed it again if you need more starter or want the starter to have even less of the original all-purpose flour. Note that the starter will ferment a little faster than refined flour starter, and it will have fewer surface bubbles due to a weaker gluten network.
- Combine the flour, water, sourdough starter, and salt in a medium bowl and mix thoroughly. Wrap the dough, then let it rest on your counter within 30 minutes.
- With your damp fingertips, stretch, then fold the dough, lifting the edge of one side of the dough and folding it over to the other side. Go around the bowl two or three times, stretching and folding each side until it feels tighter. Wrap and let the dough rest again within 30 minutes.
- Do it for three more rounds of stretching and folding, with 30-minute rests. When your dough has almost doubled in size, and the surface is puffy and bubbly, end the bulk fermentation. Depending

mostly on the ambient temperature, this will likely be 6 to 10 hours from mixing.

- Scrape your dough onto a well-floured countertop and preshape it into a ball. Wrap your dough with your inverted mixing bowl, then let it bench rest within 20 minutes. Flour the top of your dough, then use your bench knife to flip it onto the floured side.
- Shape the dough into a bâtard or boule. Rest your shaped dough on its seam, then put the dough in the basket seam-side up. Wrap the basket and let the dough rise for another 45 minutes to 3 hours for the final proof.
- It will expand in the basket but not double in size. If you wish to bake much later, you can do the final proof in the refrigerator for 10 to 12 hours and bake the dough directly from the cold. Before the end of your final proof, preheat your oven and your baking vessel for 30 minutes at 500°F.
- Flip your dough onto a piece of parchment paper, and score the top. Move the parchment and dough to your baking vessel base, cover, and return the vessel to the oven.
- Bake for 20 minutes, and then lower the oven temperature to 450°F (if applicable). After another 10 minutes, remove the lid, and after an additional 5 to 10 minutes, remove your bread from the oven with an internal temperature of 205°F or higher. Let the bread cool on a rack within 2 hours before slicing.

Nutrition:

Calories: 225

Carbs: 17g

Fat: 2g

Protein: 3g

Olive Rosemary

Preparation time: 10-20 hours

Cooking time: 40 minutes

Servings: 1 loaf

Ingredients:

- 350 grams all-purpose or bread flour
- 150 grams whole grain flour
- 380 grams water
- 70 grams sourdough starter
- 8 grams salt (1½ teaspoons)
- 90 grams halved pitted Kalamata olives (half the olives in a 12-ounce jar)
- 1 to 2 tablespoons chopped dried or fresh rosemary

Directions:

- Mix the flours, water, starter, plus salt in a bowl. Put the olives plus rosemary, then mix it well. Observe the level of your dough and the time. Wrap the dough and let it rest on your counter within 30 minutes.
- With your damp fingertips, stretch and fold the dough, lifting the edge of one side of the dough and folding it over to the other side. Go around the bowl two or three times, stretching and folding each side until it feels tighter. Wrap and let the dough rest again within 30 minutes.
- Do three more rounds of stretching and folding, with 30-minute rests. When it has almost doubled in size, then the surface is puffy and bubbly, end the bulk fermentation, about 6 to 10 hours from mixing.
- Scrape your dough out of your bowl onto a well-floured countertop and preshape it into a ball. Wrap the dough with your inverted mixing bowl and let it bench rest within 20 minutes. Flour the top

of your dough, then use your bench knife to flip it onto the floured side. Shape the dough into a bâtard or boule.

- Let it rest on its seam, then put the dough in the basket seam-side up. Wrap the basket, then let the dough rise again within 1 to 3 hours for the final proof. It will expand in the basket but not double in size.
- Preheat your oven and baking vessel within 30 minutes at 500°F (or 450°F if that is the heat limit of your baking vessel). Flip your dough out of your basket onto a piece of parchment paper, and score the top.
- Move the parchment and dough to your baking vessel base, cover, and return the vessel to the oven. Bake for 20 minutes, and then lower the oven temperature to 450°F (if applicable). After another 10 minutes, remove the lid, and after an additional 5 to 10 minutes, remove the bread.
- Cool the bread on a rack for 2 hours before slicing.

Nutrition:

Calories: 140

Carbs: 26g

Fat: 2g

Protein: 5g

Cranberry Walnut



Preparation time: 8-20 hours

Cooking time: 45-50 minutes

Servings: 1 loaf

Ingredients:

- 250 grams all-purpose or bread flour
- 250 grams whole grain flour
- 400 grams water
- 70 grams sourdough starter
- 10 grams salt (1¾ teaspoons)
- 140 grams dried cranberries
- 100 grams walnuts (toasting is optional)

Directions:

- If you want to toast your walnuts, spread them on a baking sheet and bake them in a preheated oven at 350°F for 5 to 10 minutes. Let them cool for about 10 minutes before you mix them into the dough. Mix the flours, water, starter, plus salt in a medium bowl.

- Add the cranberries and walnuts and continue mixing until they're evenly distributed. Separating the mixing into two steps prevents dry flour from getting trapped in the dried cranberries' crevices. Observe the level of your dough and the time. Wrap the dough and let it rest on your counter within 30 minutes.
- With your damp fingertips, stretch and fold your dough, lifting the edge of one side of the dough and folding it over to the other side. Go around the bowl two or three times, stretching and folding each side, until the dough feels tighter. Wrap and let your dough rest again within 30 minutes.
- Do three more rounds of stretching and folding, separated by 30-minute rests. When the dough has grown by about 50%, and the surface is puffy, end the bulk fermentation. This is about 6 to 10 hours from mixing.
- Scrape your dough out of the bowl onto a well-floured countertop and shape it into a bâtard or boule. The dough will feel somewhat thick and heavy but still shapeable. Let it rest on its seam while you flour your proofing basket, and then put the dough in your basket seam-side up.
- Wrap the basket and let your dough rise again within 1 to 3 hours for the final proof. It will expand in your basket but not double in size. If you wish to bake much later, you can do the final proof in the refrigerator for 10 to 12 hours and bake the dough directly from the cold.
- Preheat your oven and baking vessel within 30 minutes at 450°F. Flip your dough out of your basket onto a piece of parchment paper, and score the top. You may have to cut through some cranberries.
- Move the parchment plus dough to your baking vessel base, cover, and return the vessel to the oven. Bake within 25 minutes with the lid on and an additional 20 to 25 minutes with the lid off.
- Let the bread cool on a rack within 2 hours before slicing.

Nutrition:

Calories: 200

Carbs: 52g

Fat: 13g

Protein: 7g

Cheddar Thyme

Preparation time: 8-20 hours

Cooking time: 35-40 minutes

Servings: 1 loaf

Ingredients:

- 500 grams all-purpose or bread flour
- 370 grams water
- 70 grams sourdough starter
- 10 grams salt (1¾ teaspoons)
- 225 grams medium cheddar cheese (8 ounces), divided
- 2 to 4 tablespoons dried thyme, divided
- 1 gram ground black pepper (½ teaspoon) (optional)
- 9 grams bran flakes (¼ cup) (optional)

Directions:

- Mix the flour, water, sourdough starter, and salt in a medium bowl. Observe the level of the dough and the time. Cover the bowl and let the dough rest on your counter within 30 minutes.
- With your damp fingertips, stretch, then fold the dough, lifting the edge of one side of the dough and folding it over to the other side. Go around the bowl two or three times, stretching and folding each side until it feels tighter. Wrap and let the dough rest again within 30 minutes.
- Do three more rounds of stretching and folding, with 30-minute rests. When it has almost doubled in size, then the surface is puffy and bubbly, end the bulk fermentation, about 6 to 10 hours from mixing.
- Chop 175 grams of the cheese. The size of the cheese pieces is a matter of preference. We prefer almond-sized chunks, but you may like shreds or large cubes. Toss the chunks of cheese in a small

bowl with 1 to 2 tablespoons of thyme and the black pepper (if using).

- Scrape your dough out of the bowl onto a well-floured countertop and stretch it into a large rectangle. Add one-third of the cheese-thyme-pepper mixture down the middle of the rectangle, then fold over one side to cover the additions.
- Add most of the remaining cheese-thyme-pepper mixture to the top of the dough you just folded over, then fold over the final third of the dough to cover the additions. Add the remaining cheese-thyme-pepper mixture to half of the dough's surface and fold the other half over it.
- Preshape the square of folded dough into a ball, then cover the dough with your inverted mixing bowl and let it bench rest for about 20 minutes.
- Flour the top of your dough, then use your bench knife to flip it onto the floured side. Shape the dough into a bâtard or boule. While your shaped dough is resting on its seam, prepare your proofing basket with cheese, thyme, and bran flakes (if using).
- Cut the remaining 50 grams of cheddar cheese into thin slices and lay them on the bottom and sides of your proofing basket. Then sprinkle the remaining 1 to 2 tablespoons of dried thyme over the cheese and throughout your proofing basket. Add the bran flakes if you’d like the additional flavor and absorb the cheese's oil.
- Place the dough seam-side up in your proofing basket. Wrap the basket and let the dough rise for another 45 minutes to 3 hours for the final proof. It will expand in the basket but not double in size. If you wish to bake much later, you can do the final proof in the refrigerator for 10 to 12 hours and bake the dough directly from the cold.
- Preheat your oven and baking vessel within 30 minutes at 500°F. Flip your dough out of your basket onto a piece of parchment paper. Score the top of your dough as best you can, maneuvering your blade around the cheese.

- Move the parchment and dough to your baking vessel base, cover, and return the vessel to the oven. Bake for 20 minutes, and then lower the oven temperature to 450°F (if applicable). After another 10 minutes, remove the lid, and after an additional 5 to 10 minutes, remove the bread from the oven. Beware of dripping hot cheese oil.
- If you can resist delicious melted cheese, let the bread cool on a rack within 2 hours before slicing.

Nutrition:

Calories: 60

Carbs: 5g

Fat: 4g

Protein: 1g

Sicilian Durum Wheat

Preparation time: 8-20 hours

Cooking time: 35-40 minutes

Servings: 1 loaf

Ingredients:

- 280 grams whole grain durum flour
- 150 grams all-purpose or bread flour
- 340 grams water
- 70 grams sourdough starter
- 20 grams malted barley syrup (1 tablespoon)
- 14 grams olive oil (1 tablespoon)
- 8 grams salt (1½ teaspoons)
- 35 grams untoasted sesame seeds

Directions:

- Mix the flours, water, starter, syrup, oil, and salt in a medium bowl. Cover and let the dough rest on your counter for 15 minutes. Mix the dough a second time. Note the level of the dough and cover the bowl.
- When your dough has almost doubled in size, the surface is puffy, and you see bubbles through the sides of the bowl, end the bulk fermentation. This will likely within 6 to 10 hours from mixing.
- Scrape your dough out of the bowl onto a well-floured countertop and preshape it into a ball. The dough may feel sticky because of the large amount of durum flour in it. Using your bench knife and ample countertop flour can help.
- Wrap the dough with your inverted mixing bowl and let it bench rest for about 20 minutes. Flour the top of your dough, then use your bench knife to flip it onto the floured side. Shape the dough into a bâtard or boule.

- While your shaped dough is resting on its seam, lightly mist it with water (or paint water onto its surface with a pastry brush). Pour the sesame seeds onto your counter and arrange them in an even circle or oval, depending on whether you made a boule or a bâtard.
- Flip the dough over onto the seeds to coat (and stick to) the wet part of the dough. Rock the dough from side to side so that the seeds cover all but the top (which will become the loaf base). Place the dough seed-side down in your proofing basket.
- Wrap the basket and let the dough rise again within 1 to 3 hours for the final proof. It will expand in the basket but not double in size. If you wish to bake much later, you can do the final proof in the refrigerator within 10 to 12 hours and bake the dough directly from the cold.
- Preheat your oven and your baking vessel for 30 minutes at 500°F (or 450°F if that is the heat limit of your baking vessel). Flip your dough onto a piece of parchment paper, and score the top. You can also cut the dough with scissors if you find it difficult to drag the blade through the seeds.
- Move the parchment plus your dough to your baking vessel, wrap, then put it back into your oven. Bake within 20 minutes, then lower the oven temperature to 450°F (if applicable). After another 10 minutes, remove the lid, and after an additional 5 to 10 minutes, remove the bread.
- Let the bread cool on a rack within 2 hours before slicing.

Nutrition:

Calories: 361

Carbs: 75g

Fat: 2g

Protein: 12g

Oat Porridge

Preparation time: 8-20 hours

Cooking time: 35-40 minutes

Servings: 1 loaf

Ingredients:

Oatmeal:

- 180 grams milk (¾ cup)
- 70 grams rolled oats (¾ cup)

Dough:

- 440 grams bread flour
- 320 grams water
- 70 grams sourdough starter
- 10 grams salt (1¾ teaspoons)
- 60 grams rolled oats

Directions:

- Combine the milk and oats in a microwavable glass container with enough room for the ingredients to bubble upward. They should reach only about halfway up the container. Microwave the oats and milk, uncovered, for about 3 minutes, stirring halfway through.
- Remove the container from the microwave and stir again, pushing the oats under any excess liquid. Cover and let cool for about 30 minutes. The oats will continue to absorb liquid while cooling. Because of evaporation during and after cooking, you'll end up with about 200–240 grams of oatmeal.
- Mix the flour, water, starter, salt, and cooked and cooled oatmeal in a medium bowl. Observe the level of the dough and the time. Wrap the dough and let it rest on your counter within 30 minutes.
- With your damp fingertips, stretch and fold your dough, lifting the edge of one side of the dough and folding it over to the other side. Go around the bowl two or three times, stretching and folding each

side until it feels tighter. Wrap and let the dough rest again within 30 minutes.

- Do three more rounds of stretching and folding, with 30-minute rests. When it has almost doubled in size, then the surface is puffy and bubbly, end the bulk fermentation. It will likely within 6 to 10 hours from mixing.
- Scrape your dough out of your bowl onto a well-floured countertop and preshape it into a ball. Wrap the dough with your inverted mixing bowl and let it bench rest for about 20 minutes.
- Flour the top of your dough, then use your bench knife to flip it onto the floured side. Shape the dough into a bâtard or boule. While your shaped dough is resting on its seam, lightly mist it with water (or paint water onto its surface with a pastry brush).
- Pour the rolled oats onto your counter and arrange them in an even circle or oval, depending on whether you made a boule or a bâtard. Flip the dough over onto the oats to coat and stick to the wet part of the dough. Rock the dough from side to side so that the oats cover all but the top.
- Place the dough oat-side down in your proofing basket. Wrap the basket and let the dough rise again within 45 minutes to 3 hours for the final proof. It will expand in your basket but not double in size. If you wish to bake much later, you can do the final proof in the refrigerator within 10 to 12 hours and bake the dough directly from the cold.
- Preheat your oven and baking vessel within 30 minutes at 500°F. Flip your dough out of your basket onto a piece of parchment paper, and score the top.
- Move the parchment and dough to your baking vessel base, cover, and return the vessel to the oven. Bake for 20 minutes, and then lower the oven temperature to 450°F (if applicable). After another 10 minutes, remove the lid, and after an additional 5 to 10 minutes, remove the bread from the oven.
- Let the bread cool on a rack within 2 hours before slicing.

Nutrition:

Calories: 88

Carbs: 15g

Fat: 1g

Protein: 3g

Swedish Artisan Rye

Preparation time: 10-20 hours

Cooking time: 40-45 minutes

Servings: 1 loaf

Ingredients:

- 8 grams fennel seeds (1 tablespoon)
- 3 grams caraway seeds (1 teaspoon)
- 2 grams anise seeds (1 teaspoon)
- Zest of 1 orange
- 250 grams whole grain rye flour
- 250 grams bread flour or all-purpose flour
- 400 grams water
- 70 grams sourdough starter
- 45 grams molasses (2 tablespoons)
- 10 grams salt (1¾ teaspoons)

Directions:

- Combine the fennel, caraway, and anise seeds in a medium mixing bowl, either intact or lightly crushed with a mortar and pestle. Add the orange zest to the seeds.
- Add the flours, water, sourdough starter, molasses, and salt and mix thoroughly. Cover and let the dough rest for about 15 minutes, then mix the dough again. Repeat the 15-minute rest and mixing a second time. Observe the level of your dough plus the time, and cover the bowl.
- When it has almost doubled in size, the surface is puffy, and you see bubbles through the sides of the bowl, end the bulk fermentation. This will likely be 8 to 12 hours from mixing.
- Scrape your dough onto a well-floured countertop and preshape it into a ball. The dough may feel quite sticky because of the large

amount of rye flour in it. Using your bench knife and ample countertop flour can help.

- Bench rest your dough, uncovered, for about 20 minutes. This will make the outer surface of your dough easier to handle when you shape it. Flour the top of your dough and use your bench knife to flip it onto the floured side. Shape the dough into a bâtard or boule.
- Let it rest on its seam while your flour your proofing basket, then put the dough in the basket seam-side up. Wrap the basket, then let the dough rise for another 1 hour to 3 hours for the final proof. It will expand in the basket but not double in size.
- If you wish to bake much later, you can do the final proof in the refrigerator within 10 to 12 hours and bake the dough directly from the cold. Preheat your oven and baking vessel within 30 minutes at 475°F (or 450°F if that is the heat limit of your baking vessel).
- Flip your dough out of your basket onto a piece of parchment paper, and score the top. Move the parchment plus dough to your baking vessel base, cover, and return the vessel to the oven.
- Bake within 25 minutes with its lid on and an additional 20 to 25 minutes with the lid off. End the bake when the internal temperature of the bread is over 200°F.
- Let the bread cool on a rack within 2 hours before slicing.

Nutrition:

Calories: 246

Carbs: 18g

Fat: 7g

Protein: 26g

4 Pan Loaves

Sandwich Bread



Preparation time: 16 hours & 20 minutes

Cooking time: 35 minutes

Servings: 1 loaf

Ingredients:

240 grams (1 cup) whole milk

30 grams (two tablespoons) unsalted butter

227 grams (1 cup) active sourdough starter

1 tablespoon (12 grams) granulated sugar

- 9 grams (1 ½ teaspoon) salt
- 310 grams (2 ½ cups) all-purpose flour
- 1 egg for wash

Directions:

- In a microwave, melt the butter and warm the milk to 100°F. The milk temperature should be close to body temperature, do not allow it to get hot, just slightly warm.
- In a bowl, combine melted butter and the warm milk, starter, sugar, and salt, and then stir until thoroughly mixed.
- Add flour to the milk mixture, and stir well until a chunky dough form. If mixing by hand, stir in the flour as much as possible and then place the dough on a lightly floured surface and knead in the flour properly. Knead to form a smooth ball.
- Transfer the shaped dough into a lightly greased bowl, cover with a damp tea towel and let it sit at room temperature for 30 minutes.
- In 30 minutes, lift one side of the dough and fold it into the middle of the dough. Repeat with the other sides of the dough, then flip the dough over.
- You're turning the dough inside-out to redistribute the yeast and strengthen the gluten. Wrap the bowl with your plastic wrap and let rest for 30 minutes.
- Repeat the process above, that is, the stretch and fold process four times, giving the dough 30 minutes resting time as you did in the above step.
- After all the stretching and folding process, the dough will be lively and elastic when drawn between fingers. But if the dough is still rough and sluggish, stretching and folding again will come up.
- Turn the dough onto a floured surface without kneading, tightly roll the dough to form a log.
- Grease a 9-by-5 inches pan lightly with melted butter or vegetable oil and gently place the dough inside and cover with a tea towel or oiled plastic wrap. Set in a warm place and allow rising until doubled in size. It should take about 1 to 1 ½ hour.
- Preheat the oven to 350°F for 30 minutes before baking. Using a sharp knife or razor, cut a deep slash down the loaf center and brush the dough with egg wash.

- Bake within 30 minutes or until the crust is golden, and a toothpick inserted in the loaf center comes out clean. The interior temperature should be 190°-200°F.
- Allow the bread to cool before slicing.

Nutrition:

Calories: 90

Carbs: 17g

Fat: 1g

Protein: 3g

Light Wheat Bread

Preparation time: 10-18 hours

Cooking time: 45-50 minutes

Servings: 1 loaf

Ingredients:

- 330 grams scalded milk
- 30 grams unsalted butter
- 30 grams honey (1½ tablespoons)
- 12 grams salt (2 teaspoons)
- 260 grams all-purpose or bread flour
- 260 grams whole grain flour
- 150 grams sourdough starter
- Cooking oil for greasing
- 1 tablespoon milk to brush on the dough before baking

Directions:

- Scald the milk by warming it to 180°F in the microwave or on the stove. Because of evaporation, you may want to start with 340 grams of milk.
- Add the butter, honey, and salt to the hot milk to dissolve them, then chill the mixture in the refrigerator down to about 90°F. This should take about 15 minutes.
- Combine the flour, sourdough starter, and milk mixture in a medium bowl and mix thoroughly. Move the dough to a floured countertop and knead by hand for 2 to 3 minutes.
- Wrap the dough, then let it bulk ferment for 6 to 12 hours at room temperature, or until it has just about doubled in size.
- Flour your countertop, scrape your dough out onto it, then shape it dough into a tube. While your dough rests on its seam, lightly oil your loaf pan, then place the dough in the pan, seam-side down.

- Wrap and proof the dough within 2 to 4 hours. It is ready to bake when it has doubled in size or its highest part crests over the lip of a 9-by-5-by-2¾-inch loaf pan.
- Preheat your oven to 350°F within 15 minutes. Brush the milk on the top of the loaf and put the pan in the oven. Bake within 45 to 50 minutes, or until the interior of the loaf is over 190°F.
- Remove it from the pan, then cool it on a rack on its side to discourage settling of the crumb for at least 1 hour before slicing.

Nutrition:

Calories: 80

Carbs: 19g

Fat: 1g

Protein: 5g

Whole Wheat Pan Loaf



Preparation time: 1 day & 10 minutes

Cooking time: 60 minutes

Servings: 1

Ingredients:

For the levain:

- ½ cup whole–wheat sourdough starter
- ½ cup water
- 1/3 cup + 1 tbsp all-purpose flour
- 1/3 cup + 1 tbsp whole–wheat flour

For the dough:

- 3 1/3 cups + 1 tbsp all-purpose flour, plus more for dusting
- 2 ¼ cups whole–wheat flour
- 2 ¾ cups + 2 tbsp warm water (85–90ºF)
- 1 tbsp salt

Directions:

- Mix all levain ingredients in a medium bowl. Cover and leave for 4–6 hours, until bubbly and doubled in size. To mix the dough, put together all-purpose and whole–wheat flour in a stand mixer bowl and fit it with a dough hook.
- Set to low speed and gradually pour in water. Mix for 30 seconds to get a moist flour. Cover the bowl and leave for 20 minutes. Uncover and set the mixer to low again. Add salt and spoon in the levain. Mix for 2 minutes, until well–combined.
- Transfer your dough to a large, lightly floured bowl. Reach under one dough end, pull up a handful, stretch it back over the dough, and drop. Turn the bowl 90º and do the same 3 more times. Then, cover and leave for 30 minutes.
- Repeat the folding process every 20 minutes, 4 times. Cover and leave for 6–12 hours to double in size. Generously flour two proofing baskets. Place the dough onto a floured space, dust the top and divide the dough in half. Flour your hands, then roll each dough piece into a ball.
- Place them into baskets, cover, and leave for 2–4 hours. Check if it is ready to bake by pressing them with a finger. It’s ready if it doesn't spring back—Preheat oven to 475ºF with a closed Dutch oven inside 30 minutes before baking.
- Prepare one large piece of parchment paper and lightly dust it with flour. Transfer one dough ball onto parchment and lift it into the preheated Dutch oven. Put another ball into the fridge while the first one bakes. Close the lid and bake within 30 minutes.
- Remove lid, then bake for 15 minutes more to get a nice brown top. Repeat steps for the second dough ball from the fridge, but let it warm at room temperature before baking.

Nutrition:

Calories: 140

Carbs: 29g

Fat: 1g

Protein: 5g

Multiseed Light Wheat Pan Bread

Preparation time: 10-16 hours

Cooking time: 50 minute s

Servings: 1 loaf

Ingredients:

- 60 grams sunflower seeds, divided
- 25 grams chia seeds (2 tablespoons)
- 20 grams hemp seeds (3 tablespoons)
- 400 grams water, divided
- 260 grams bread flour or all-purpose flour
- 260 grams whole grain flour
- 150 grams sourdough starter
- 30 grams olive oil (2 tablespoons)
- 12 grams salt (2 teaspoons)
- Cooking oil for greasing

Directions:

- Set aside 30 grams of sunflower seeds for bread crust. Mix the rest 30 grams of sunflower seeds with the chia seeds plus hemp seeds in a small bowl with 100 grams of water. Warp and let the mixture sit within 1 hour.
- Mix the flours, the remaining 300 grams of water, the sourdough starter, oil, and salt in a medium bowl. Put the seed mixture with any water left in the bowl. Mixing until your seeds are distributed through the dough.
- Wrap and let it rest within 15 to 30 minutes. With your damp fingertips, stretch and fold your dough, lifting the edge of one side then folding it over to the other side. Do two or three times, stretching and folding each side, and stop when the dough feels tighter.
- Bulk ferment the dough within 6 to 10 hours at room temperature, or until it has just about doubled in size. Flour your countertop, scrape your dough out onto it, and shape it into a tube. While your

dough rests on its seam, oil your loaf pan, then put the dough in the pan seam-side down.

- Wrap and proof the dough within 2 to 4 hours. It is ready to bake when it has doubled in size or its highest part crests over the lip of a 9-by-5-by-2¾-inch loaf pan.
- Preheat your oven to 350°F within 15 minutes. Sprinkle the rest of your sunflower seeds on the dough. Score your dough to control the oven spring.
- Bake within 50 minutes, or until the interior of the loaf is over 190°F. Remove it from the pan, then cool it on a rack on its side (to discourage settling of the crumb) for at least 1 hour before slicing.

Nutrition:

Calories: 99

Carbs: 18g

Fat: 1g

Protein: 4g

Cinnamon Raisin Light Wheat Pan Bread

Preparation time: 10-16 hours

Cooking time: 50 minute s

Servings: 1 loaf

Ingredients:

- 350 grams all-purpose or bread flour
- 170 grams whole grain flour
- 340 grams water
- 150 grams sourdough starter
- 30 grams honey (1½ tablespoons)
- 12 grams salt (2 teaspoons)
- grams cinnamon (2 teaspoons)
- 120 grams raisins
- Cooking oil for greasing

Directions:

- Thoroughly mix the flours, water, starter, honey, salt, and cinnamon in a medium bowl. Add the raisins and continue mixing until they're evenly distributed. Wrap and let the dough rest for 15 minutes, then give it a round of stretching and folding:
- With your damp fingertips, stretch, then fold the dough, lifting the edge of one side of the dough and folding it over to the other side. Do two or three times, stretching and folding each side until it feels tighter.
- Let the dough bulk ferment for 6 to 10 hours at room temperature, or until it has just about doubled in size. Flour your countertop, scrape your dough out onto it, and shape it into a tube. While your dough rests on its seam, oil your loaf pan, then put the dough in the pan seam-side down.
- Wrap and proof the dough within 2 to 4 hours. It is ready to bake when it has doubled in size or its highest part crests over the lip of a 9-by-5-by-2¾-inch loaf pan.

- Preheat your oven to 350°F within 15 minutes. If the top of your dough isn't damp already, brush or spray water on it. You may want to score this dough to control the oven spring.
- Bake within 50 minutes, or until the interior of the loaf is over 190°F. Remove it from the pan, then cool it on a rack on its side for at least 1 hour before slicing.

Nutrition:

Calories: 70

Carbs: 13g

Fat: 1g

Protein: 2g

New York Deli Rye Pan Bread

Preparation time: 10-16 hours

Cooking time: 50 minutes

Servings: 1 loaf

Ingredients:

- 350 grams all-purpose or bread flour
- 170 grams whole grain rye flour (also called dark rye)
- 320 grams water
- 150 grams sourdough starter
- 30 grams honey (1½ tablespoons)
- 24 grams olive oil (2 tablespoons)
- 10 grams caraway seeds (1½ tablespoons)
- 12 grams salt (2 teaspoons)
- Cooking oil for greasing

Directions:

- Combine the flours, water, starter, honey, oil, caraway seeds, and salt in a medium bowl and mix thoroughly. It is too sticky and wet to knead by hand, but you can let it rest for 15 to 30 minutes and then give it a round of stretching and folding:
- With damp fingertips, lift the edge of one side of the dough and fold it over to the other side. Do two or three times, stretching and folding each side, and stop when the dough feels tighter.
- Wrap the dough and let it bulk ferment for 6 to 10 hours at room temperature, or until it has just about doubled in size. Flour your countertop, scrape your dough out onto it, and shape it into a tube.
- Let it rest on its seam while lightly oil your loaf pan, then place the dough in the pan seam-side down. Wrap and proof the dough within 2 to 4 hours.

- It is ready to bake when it has doubled in size or its highest part crests over the lip of a 9-by-5-by-2¾-inch loaf pan. Preheat your oven to 350°F within 15 minutes.
- Brush or spray water on the top of the dough if it isn't damp already. Bake within 50 minutes, or until the interior of the loaf is over 190°F. When it is finished, immediately remove it from the pan.
- Cool it on a rack, give this loaf at least 2 hours to cool before slicing because rye bread needs more time to set or solidify. Serve or stored

Nutrition:

Calories: 70

Carbs: 13g

Fat: 1g

Protein: 2g

Turmeric Fennel Pan Loaf

Preparation time: 10-16 hours

Cooking time: 50 minutes

Servings: 1 loaf

Ingredients:

- 520 grams all-purpose or bread flour
- 320 grams water
- 150 grams sourdough starter
- 30 grams honey (1½ tablespoons)
- 24 grams olive oil (2 tablespoons)
- 12 grams salt (2 teaspoons)
- 6 grams ground turmeric (2 teaspoons)
- 6 grams fennel seeds (1 tablespoon)
- ¼ to ½ teaspoon ground black pepper
- Cooking oil for greasing

Directions:

- Combine the flour, water, starter, honey, oil, salt, turmeric, fennel seeds, and pepper in a medium bowl and mix thoroughly. If your dough is wet to knead by hand, let it rest for 15 to 30 minutes and then give it a round of stretching and folding.
- With damp fingertips, lift the edge of one side of the dough and fold it over to the other side. Do two or three times, stretching, folding each side, and stopping when the dough feels tighter.
- Wrap the dough and let it bulk ferment for 6 to 10 hours at room temperature, or until it has just about doubled in size. Flour your countertop, scrape your dough out onto it, and then shape the dough into a tube. While the dough rests on its seam, lightly oil your loaf pan, then place the dough in the pan seam-side down. Wrap and proof the dough within 2 to 4 hours. It is ready to bake when it has

doubled in size or its highest part crests over the lip of a 9-by-5-by-2¾-inch loaf pan.

- Preheat your oven to 350°F within 15 minutes. Dust the top of the dough with flour and score down the center. This dough tends to expand during baking, and a score will prevent a rupture on the side of the loaf.
- Bake within 50 minutes, or until the interior of the loaf is over 190°F. Remove it from the pan, then cool it on a rack on its side for at least 1 hour before slicing.

Nutrition:

Calories: 373

Carbs: 16g

Fat: 26g

Protein: 11g

Buckwheat Pan Bread

Preparation time: 30 hours & 45 minutes

Cooking time: 60 minutes

Servings: 8

Ingredients:

- ½ cup water, room temperature
- ½ cup milk
- 8 oz sourdough starter
- 7 oz buckwheat flour
- 7 oz strong white bread flour
- 1 tbsp brown sugar
- 1 tsp salt

You'll also need:

- Plastic wrap
- 1 round banneton basket with liner
- Cake pan
- Greaseproof paper
- Cooking spray
- Sharp knife
- 1 (4 to 6-quart) Dutch oven
- Wire rack

Directions:

- Mix water and milk in a bowl until well-combined. Add sourdough starter to the mixture and mix until smooth. Stir in flour and brown sugar into mixture until sticky dough forms. Cover bowl with plastic wrap and let sit at room temperature for 1 hour.

- After, remove plastic wrap and sprinkle salt on the dough. Gently knead salt into dough until well incorporated. Cover again with a plastic wrap and let rise at room temperature for 4 to 6 hours. Remove wrap after.
- Holding two edges of the dough with your fingertips, fold the dough over itself into the center. Turn bowl to a 45-degree angle, fold again and repeat this process six more times. Wrap dough with plastic wrap and let rise for 30 minutes. Repeat folding dough at 30 minute-intervals three more times.
- Dust a clean, flat working surface with flour. After the fourth and final fold, transfer dough to the surface. Gently spread the dough into an 8-inch disk and then fold edges towards the center until round. Wrap dough using plastic wrap, then let sit for 15 minutes.
- Press and fold dough one more time into a round, and place seam-side on the working surface. Loosely cup your hands and mold dough into a round shape while moving around. If the dough is too tacky, dust your hands with some flour and mold.
- Line banneton basket with its cover or clean napkin and dust with flour. Place dough in the basket, and cover lid. Wrap basket with a large plastic bag and tie tightly to cover basket fully. Let sit at room temperature within 1 hour, then refrigerate for 12 to 24 hours.
- After, fix the oven’s rack in the middle and sit a cake pan at the oven’s bottom. Pour 3 cups of boiling water into the cake pan and place the banneton basket on the rack. Close your oven door and let the dough double in size for 2 to 3 hours.
- Remove basket and cake pan with water. Cut out a 12 x 12-inch greaseproof paper and spray with cooking spray. Unwrap basket, uncover lid, and dust top of the dough with flour. Lay the oiled side of the paper over the dough and invert the basket onto the counter.
- Lift basket, cloth, and use a sharp knife to make a ½-inch deep vertical cut into one side of the dough. Pick up the dough while holding edges of parchment paper and lower into Dutch oven. Cover pot and place in oven.

- Heat oven to 425ºF and bake bread for 30 minutes once the oven is on. Uncover the pot and bake bread further for 20 to 30 minutes or until deep brown. When ready, carefully remove the hot pot, transfer bread to a wire rack, and let completely cool for 2 hours. Slice and enjoy bread afterward.

Nutrition:

Calories: 100

Carbs: 17g

Fat: 1g

Protein: 4g

Einkorn Pan Loaf



Preparation time: 8-16 hours

Cooking time: 50 minutes to 1 hour

Servings: 1 loaf

Ingredients:

- 260 grams scalded milk
- 22 grams honey (1 tablespoon)
- 12 grams salt (2 teaspoons)

- 148 grams water
- 600 grams einkorn wheat flour
- 100 grams sourdough starter
- 1 tablespoon milk to brush on the dough before baking
- Cooking oil for greasing

Directions:

- Approximately 4 to 8 hours before you want to start mixing your dough, build an einkorn wheat sourdough starter by taking ½ teaspoon of your existing starter and mixing it with 35 grams einkorn flour and 35 grams of water.
- Scald the milk by warming it to 180°F in the microwave or on the stove. Because of evaporation, you may want to start with 270 grams of milk. Dissolve the honey and salt in the hot milk, then add the water.
- Chill the mixture in the refrigerator down to about 90°F. This should take less than 10 minutes. Combine the flour, sourdough starter, and milk mixture in a bowl and mix thoroughly. Wrap the dough and let it bulk ferment for 5 to 7 hours, or until it has grown by 75%.
- Flour your countertop, scrape your dough out onto it, then shape it dough into a tube. Use your bench knife to maneuver the sticky dough. Oil your loaf pan, then put the dough in the pan seam-side down. Again, use your bench knife.
- Dip a spatula into a bowl of water and smooth the surface of the dough. Cover and proof the dough for 1 hour and 30 minutes to 3 hours.
- Preheat your oven to 350°F within 15 minutes. Brush the milk on the top of the loaf and put the pan in the oven. Bake within 50 minutes to 1 hour, or until the interior of the loaf is over 200°F.
- Remove it from the pan, then cool it on a rack on its side to discourage settling of the crumb. If possible, wait for 8 to 12 hours before cutting to let the crumb set.

Nutrition:

Calories: 346

Carbs: 63g

Fat: 3g

Protein: 18g

Flaxseed Pan Bread

Preparation time: 10-16 hours

Cooking time: 50 minutes

Servings: 1 loaf

Ingredients:

- 440 grams all-purpose or bread flour
- 80 grams flaxseed meal
- 350 grams water
- 150 grams sourdough starter
- 12 grams salt (2 teaspoons)
- Cooking oil for greasing

Directions:

- Combine the flour, flaxseed meal, water, starter, and salt in a medium bowl and mix thoroughly. If you find this dough too wet to knead by hand, let it rest for 15 to 30 minutes and then give it a round of stretching and folding:
- With damp fingertips, lift the edge of one side of the dough and fold it over to the other side. Do two or three times, stretching, folding each side, and stopping when the dough feels tighter.
- Wrap the dough and let it bulk ferment for 6 to 10 hours at room temperature until it has just about doubled in size. Flour your countertop, scrape your dough out onto it, then shape the dough into a tube. It is on the wet side, so you may need to roll the dough a second time.
- While the dough resting on its seam, oil your loaf pan, then put the dough in the pan seam-side down. Wrap and proof the dough within 2 to 4 hours. It is ready to bake when it has doubled in size or its highest part crests over the lip of a 9-by-5-by-2¾-inch loaf pan.
- Preheat your oven to 350°F within 15 minutes. Brush the top of the dough with water if it isn’t damp already, and score the dough down

the center, as this dough may expand during baking.

- Bake within 50 minutes, or until the interior of the loaf is over 190°F. Remove it from the pan, then cool it on a rack on its side for at least 1 hour before slicing.

Nutrition:

Calories: 80

Carbs: 14g

Fat: 1g

Protein: 8g

5 Pastry, Pizza and Specialty Bread s

Brioche



Preparation time: 10-24 hours

Cooking time: 35-40 minutes

Servings: 1 loaf

Ingredients:

- 120 Grams Sweet Stiff Starter:
- 50 grams all-purpose or bread flour
- 25 grams water
- 25 grams sourdough starter
- 20 grams sugar

Dough:

- 230 grams bread flour
- 30 grams whole grain flour
- 3 eggs, + 1 yolk, at room temperature
- 30 grams sugar
- 8 grams salt (1½ teaspoons)
- 120 grams sweet stiff starter
- 150 grams unsalted butter, cubed
- 1 egg white, beaten
- Cooking oil or butter for greasing

Directions:

- About 6 to 12 hours before you mix up your dough, build the sweet stiff starter. Mix the flour, water, starter, and sugar in a small jar and scrape down the sides of your jar with a spatula. Take the starter out of the jar and briefly knead it to fully incorporate the ingredients. Return the starter to the jar, cover, and let it double in size.
- Tear the sweet stiff starter into 5 or 6 pieces and put them in the bowl of a stand mixer. Add the flours, eggs and yolk, sugar, and salt. Mix on low speed with a paddle attachment until the dough begins to come together, then switch to a dough hook and mix on medium speed for 1 to 2 minutes.
- Continue running the mixer on medium speed and add 75 grams of the cubed butter. Mix until this portion of the butter is completely incorporated. Add the remaining 75 grams of the cubed butter and continue mixing until it's incorporated. The process of adding butter will take about 10 minutes.
- After the butter is incorporated, mix the dough on low-medium speed for an additional 5 minutes, until smooth. Scrape the dough into a medium bowl, cover, and let it rise until it has grown by about 50%. This takes 8 to 18 hours, depending on the ambient temperature, and longer if you refrigerate the dough.
- After the dough has risen, put it in the refrigerator (if applicable) for at least 30 minutes to make it easier to handle. Flour your

countertop, then scrape your dough out of the bowl. Shape it into a square.

- Split the dough into 4 pieces, flatten the pieces into 4-inch-wide rectangles, and roll the rectangles into tubes. Thoroughly grease a 9-by-5-by-2¾-inch metal loaf pan, place the tubes in the pan seam-side down, and cover.
- Proof the dough for 1 to 4 hours until it has almost doubled in size. Warm your oven to 350°F with a rack in the middle position. Brush the top of your dough with the beaten egg white and place the pan in the oven.
- Bake for 35 to 40 minutes, or until the inside of the loaf is over 190°F. Let the brioche cool in the pan on a rack for about 10 minutes before removing it from the pan. Serve the brioche warm or continue to let it cool.
- Reheat brioche by putting a slice in the microwave for 5 seconds or in the toaster oven until you can smell butter in the air.

Nutrition:

Calories: 438

Carbs: 65g

Fat: 17g

Protein: 8g

Dinner Rolls



Preparation time: 10-20 hours

Cooking time: 30-35 minutes

Servings: 16-24 rolls

Ingredients:

Sweet Stiff Starter (190 Grams):

- 90 grams all-purpose or bread flour
- 40 grams water
- 30 grams sourdough starter
- 30 grams sugar

Dough:

- 400 grams scalded milk
- 114 grams unsalted butter
- 50 grams sugar
- 12 grams salt (2 teaspoons)

- 190 grams sweet stiff starter
- 2 eggs
- 540 grams bread flour
- 100 grams whole grain flour
- 1 egg, beaten, to brush on the dough before baking
- Cooking oil or butter for greasing

Directions:

- About 6 to 12 hours before you mix up your dough, build the sweet stiff starter. Mix the flour, water, starter, and sugar in a small jar and scrape down the sides of your jar with a spatula.
- Take the starter out of the jar and briefly knead it to incorporate the ingredients fully. Return the starter to the jar, cover, and let it double in size.
- Scald the milk by warming it to 180°F in a microwave or on the stove. Because of evaporation, you may want to start with 410 grams of milk. Remove the milk from the heat, put the butter, sugar, and salt to melt and dissolve them.
- Tear the sweet stiff starter into 5 or 6 pieces and put them in the bowl of a stand mixer. Add the eggs, flour, and milk mixture to the bowl.
- Mix on low speed with a paddle attachment until the dough begins to come together, then switch to a dough hook and mix on medium speed for 10 to 15 minutes.
- Scrape the dough into a medium bowl, cover, and let it rise until it has grown by about 75%. This takes 6 to 12 hours, depending on the ambient temperature, and longer if you refrigerate the dough.
- Thoroughly grease your baking pans. Flour your countertop, then scrape your dough out of the bowl onto the countertop. Shape your dough into a tube, then cut the dough into 16 to 24 pieces with your bench knife, depending on your pan setup.
- Wrap the dough pieces with plastic wrap or a damp tea towel while rolling the pieces into balls. Arrange the rolls in your pans and

cover. Leave about ½ inch between the rolls to allow for expansion during proofing and baking. See the recipe tip for roll size and arrangement ideas.

- Proof the dough for 2 to 6 hours until it has almost doubled in size. Warm your oven to 350°F with a rack in the middle position. Brush the top of your dough with the beaten egg and place the pans in the oven.
- Bake within 30 to 35 minutes, or until the internal temperature is over 190°F. Cover with foil if the rolls get brown early in the baking process. Remove the rolls from the oven but not from the pans, brush the tops with butter while hot, and let them cool for 10 minutes before serving.
- Store leftover rolls in a plastic bag at room temperature. Reheat by putting a roll in the microwave for 5 seconds or in the toaster oven until just warmed.

Nutrition:

Calories: 120

Carbs: 20g

Fat: 3g

Protein: 3g

Hamburger Buns

Preparation time: 7-13 hours & 40 minutes

Cooking time: 20 minutes

Servings: 8 buns

Ingredients:

For Activating the Starter:

- 9½ ounces (1 cup) sourdough starter
- 4 ounces (½ cup) lukewarm (90°F to 100°F) pure filtered or bottled water
- 4 ounces (1 cup) whole-wheat flour

For the Bread Dough:

- 2 ounces (¼ cup) warm (100°F to 125°F) milk
- 2½ ounces (5 tablespoons) butter, melted, divided
- 1 egg
- 19 ounces (2 cups) active sourdough starter
- 2 tablespoons sugar
- 10 ounces (2½ cups) unbleached bread flour, plus more as needed
- 1 ounce (¼ cup) whole-wheat flour
- 1 teaspoon active dry yeast or bread machine yeast
- Nonstick cooking spray for preparing the baking sheet

Directions:

- Mix the starter, lukewarm water, and flour, completely incorporating the fixings into the starter, at least 6 to 12 hours before making the dough, in a medium bowl. Wrap, then let sit on your counter until ready to use.
- In the bread pan of a bread machine, combine the milk, 3 tablespoons of butter, the egg, active starter, sugar, bread flour, and

whole-wheat flour. Using your finger, make a well in the top of the flours. Add the yeast to the well.

- Put the bread pan into your bread machine. Set the machine on the dough cycle. About 10 minutes after the dough cycle has started, check the dough. If it seems too dry, add 1 or 2 tablespoons of water. If it seems too wet, add 1 or 2 tablespoons of flour.
- Lightly flour your breadboard or clean work surface, remove the dough from the machine, and place it on the prepared surface. Roll the dough into a log. Divide the log into 8 pieces. Lightly oil a baking sheet using cooking spray.
- Shape the dough pieces into balls and place them on the prepared baking sheet. Using a flat surface such as a plate, flatten the dough balls, so they are about ¾ inch tall. Using a pastry brush, paint them with the remaining 2 tablespoons of melted butter.
- Cover the hamburger buns with plastic wrap and let rise for 1 hour —Preheat the oven to 350°F. Remove the plastic wrap for the buns and bake them for 15 to 20 minutes, or until golden brown. Let the buns cool slightly before slicing and serving.

Nutrition:

Calories: 130

Carbs: 25g

Fat: 2g

Protein: 4g

Cinnamon Rolls

Preparation time: 2 hours & 30 minutes

Cooking time: 40 minutes

Servings: 9-12

Ingredients:

For the dough:

- 7/8 cup active sourdough starter
- 2 ¾ cup white bread flour
- 1/3 cup wholemeal flour
- 1 tsp ground cinnamon
- 4 tbsp golden caster sugar
- 1 cup warm milk
- 1 egg
- 3½ tbsp butter softened

For the filling:

- ¾ cup light brown sugar
- 5/8 cup butter, softened
- 2 tbsp ground cinnamon
- for the topping:
- 2 tbsp golden syrup
- ½ cup Philadelphia soft cheese
- 1 tbsp hot water
- ¾ cup icing sugar
- ¼ tsp vanilla paste or extract

Directions

- Add all dough ingredients in a bowl (except butter) and mix to form a shaggy dough. Cover using a damp cloth, and leave for 30

minutes at room temperature.

- Work butter and salt into a bowl and mix to incorporate fully. Place the dough onto a floured space and knead for 5 minutes to make it springy and smooth. Form a ball and put it back in the bowl. Cover and leave for 3–4 hours in a warm place to double in size.
- Beat sugar, butter, cinnamon, and a pinch of salt in a bowl. Using parchment paper, line a square baking tin. Place the dough onto floured space and roll out a rectangle 20 x 10 inches. Spread your filling over dough to cover it completely.
- Roll it along the long edge into a tight swiss–roll. Cut this roll into pieces, then place them in the tin, spiral side–up. Leave for 1 hour in a warm place, then cover and refrigerate overnight—Preheat oven to 390ºF.
- Cover tin, using foil, and bake for 30 minutes. Take off foil and bake for 10–15 minutes more—mix the golden syrup with water. Remove rolls from the oven, brush them syrup, and cool a bit on a wire rack.
- Make the icing by beating cheese, vanilla, and sugar together until the mixture is not too thick. Drizzle over cooled buns and serve.

Nutrition:

Calories: 140

Carbs: 23g

Fat: 5g

Protein: 2g

Chocolate Babka

Preparation time: 10-18 hours

Cooking time: 40-50 minutes

Servings: 2 loaves

Ingredients:

Sweet Stiff Starter (190 Grams):

- 90 grams all-purpose or bread flour
- 40 grams water
- 30 grams sourdough starter
- 30 grams sugar

Dough:

- 130 grams scalded milk
- 86 grams unsalted butter, cubed
- 120 grams sugar
- 10 grams salt (1¾ teaspoons)
- 6 grams vanilla extract (1½ teaspoons)
- 190 grams sweet stiff starter
- 450 grams all-purpose or bread flour
- 50 grams whole grain flour
- 3 eggs
- Cooking oil or butter for greasing

Filling:

- 115 grams chopped dark chocolate
- 114 grams unsalted butter
- 60 grams powdered sugar
- 35 grams unsweetened cocoa powder

- ¼ teaspoon ground cinnamon
- 115 grams semisweet chocolate chips, divided

Syrup (optional):

- 130 grams sugar
- 160 grams water

Directions:

- About 6 to 12 hours before you mix up your dough, build the sweet stiff starter. Mix the flour, water, starter, and sugar in a small jar and scrape down the sides of your jar with a spatula.
- Take the starter out of the jar and briefly knead it to incorporate the ingredients fully. Return the starter to the jar, cover, and let it double in size.
- Scald the milk by warming it to 180°F in a microwave or on the stove. Because of evaporation, you may want to start with 140 grams of milk. Remove the milk from the heat and add the butter, sugar, salt, and vanilla to cool down the milk.
- Tear the sweet stiff starter into 5 or 6 pieces and put them in the bowl of a stand mixer. Add the flour, eggs, and milk mixture to the bowl. Mix on low speed with a paddle attachment until the dough begins to come together, then switch to a dough hook and mix on medium speed for 10 to 15 minutes.
- Scrape the dough into a medium bowl, cover, and let it rise until it has grown by at least 75%. This takes 6 to 12 hours, depending on the ambient temperature. For best results, aim to keep this dough at warmer temperatures, above 75°F, if you can. Putting the dough in your oven with the light on is a possibility during cooler seasons.
- Melt the chocolate and butter in a glass bowl in a microwave on low power for 30 seconds at a time, stirring in between rounds. Mix in your powdered sugar, cocoa powder, plus ground cinnamon and set aside.

- Grease 2 loaf pans or 1 Bundt or tube pan. If your pans don't have a nonstick coating, line them with parchment paper. Lightly flour your countertop and scrape the dough out of the bowl onto the countertop.
- Divide and set aside half of the dough in a covered bowl. Roll the other half of the dough into a 10-by-14-inch rectangle with a short side closest to you. Try to keep the corners even and the dough thickness somewhat uniform.
- Check if you can lift your sheet of dough off the counter. If you can't, then dust the top of the dough with flour, carefully pry it off the counter with your bench knife, and flip it over. Touch up the dough with your rolling pin, if needed, to regain the rectangle shape.
- With a spatula, spread half the melted chocolate mixture onto the surface of the dough. Sprinkle half the chocolate chips onto the chocolate mixture. Starting from the side closest to you, roll the dough until you have a tube. Let it rest seam-side down for about 1 minute.
- Turn the tube over so that the seam is up and a bit off-center. With a sharp knife, cut lengthwise down the center of the roll, preferably on only one side of the seam, to make two strands.
- Turn the cut sides up and make an X with the two strands of dough. Then twist the top strand under the bottom strand above and below the X. Pinch the ends together.
- Using a bench knife, scoop up the twisted dough and place it into a greased loaf pan. Your long twist will scrunch up during this process, allowing it to fit into the loaf pan. See the recipe tip if you are using a Bundt or tube pan.
- Repeat steps of the shaping instructions for the second half of the dough. Cover the pans and let the dough proof for 3 to 5 hours. The dough will expand to the edges of the pans and grow upward, as well. If your kitchen is below 75°F, you can place the dough in your oven with just the light turned on.

- Preheat your oven to 350°F for about 15 minutes. Place the pans uncovered on the middle rack and bake for 40 to 50 minutes until the internal temperature is over 190°F.
- If you want to use the syrup, heat the sugar and water on the stove until the sugar dissolves. When the babkas remove out of the oven, poke holes in them with a skewer or your thermometer and pour the syrup on top.
- After the babkas cool for about 20 minutes in their pans, transfer them to a wire rack to cool completely.

Nutrition:

Calories: 173

Carbs: 16g

Fat: 5g

Protein: 2g

Sourdough Pizza

Preparation time: 8-12 hours

Cooking time: 15 minutes

Servings: 1

Ingredients:

For Activating the Starter:

- 14¼ ounces (1½ cups) sourdough starter
- 4 ounces (½ cup) warm (100°F to 125°F) pure filtered or bottled water
- 4 ounces (1 cup) whole-wheat flour

For the Pizza Crust Dough:

- 1 tablespoon olive oil
- 1 teaspoon freshly ground Himalayan salt
- 6½ ounces (1½ cups) unbleached bread flour, divided, plus more for dusting
- Olive oil or nonstick cooking spray for preparing the bowl
- Cornmeal, for dusting
- Pizza toppings, as desired, such as pizza sauce, grated or shredded cheese, pepperoni, sliced vegetables

Directions:

- Mix the starter, lukewarm water, plus flour, completely incorporating the fixings into the starter, at least 6 to 12 hours before making the dough, in a medium bowl. Wrap, then let sit on your counter until ready to use.
- Two hours before making the pizza, thoroughly mix the entire amount of activated starter, olive oil, and salt in a large bowl. Add 1 cup of flour, stirring until it's completely incorporated.
- Lightly flour a breadboard or a clean work surface and turn the dough out onto it. Begin kneading your dough, adding more flour if

the dough is too wet. Knead for about 5 minutes.

- If the dough is still too wet, add a bit more flour. The dough should be soft and a little sticky. If it's sticky, add more flour, 1 tablespoon at a time. Shape the dough into a ball.
- Oil a large bowl using olive oil and transfer the dough to it, turning to coat all sides. Wrap the bowl using a plate or plastic wrap and let rest until it's time to make the pizza. Sprinkle a baking stone with cornmeal and place the stone into the oven—Preheat the oven to 450°F.
- On the floured surface, using a rolling pin, roll the dough into the size and thickness of your desired pizza. Dress the pizza however you would like.
- If you don't have a pizza peel, sprinkle cornmeal on a rimless baking sheet or an inverted sheet pan. Carefully slide the dressed pizza onto the prepared sheet. Very carefully, slide the pizza from the sheet onto the baking stone.
- Bake the pizza for 10 to 15 minutes, depending on the toppings you've selected. Using oven gloves and a heavy metal spatula, slide the pizza off the stone and back onto the baking sheet. Slice and eat.

Nutrition:

Calories: 153

Carbs: 14g

Fat: 8g

Protein: 6g

Ciabattas

Preparation time: 12-16 hours

Cooking time: 20 minutes

Servings: 1 loaf

Ingredients:

For Activating the Starter:

- 9½ ounces (1 cup) sourdough starter
- 4 ounces (½ cup) lukewarm (90°F to 100°F) pure filtered or bottled water
- 4 ounces (1 cup) whole-wheat flour

For the Bread Dough:

- 12 ounces (1¼ cups) active sourdough starter
- 1 teaspoon instant dry yeast
- 6½ ounces (1½ cups) unbleached bread flour, plus more for dusting
- 1 tablespoon fine sea salt
- 1 teaspoon sugar
- 2 ounces (¼ cup) lukewarm (90°F to 100°F) milk
- 3 tablespoons olive oil, plus more for coating the bowl
- Cornmeal or semolina flour, for dusting

Directions:

- Combine the starter, lukewarm water, plus flour, completely incorporating the fixings into the starter, at least 6 to 12 hours before making the dough, in a medium bowl. Wrap, then let sit on your counter until ready to use.
- The next day, in the bowl of a stand mixer fitted with the dough hook, or a large bowl, combine the active starter, yeast, flour, salt, sugar, milk, and olive oil. Mix on low for a few seconds, or stir by hand. Increase the speed to number two and mix for 6

minutes until all the ingredients are well incorporated, or stir by hand.

- Generously coat a large bowl with olive oil and transfer the dough to it, turning to coat all sides. Wrap the bowl using a clean kitchen towel and place the bowl in the oven, light on, rise for 1 to 2 hours, or until the dough doubles in size.
- Flour a breadboard or clean work surface and turn the dough out onto it. Stretch the dough out. Fold it into thirds, folding from one end and then from the other. Stretch the dough into a rectangle. Re-cover the dough and let rise for 1 hour.
- Sprinkle a baking sheet with cornmeal and place the ciabatta loaf on it. Dock the dough using your middle knuckle or fingertips to punch indentations evenly over the dough. Re-cover the dough and let rise 1 hour more in a warm, draft-free place.
- Preheat the oven to 500°F. Bake the ciabatta for 10 minutes. Reduce the oven temperature to 450°F and bake for 8 to 10 minutes more until lightly browned.
- Move the baking sheet to a wire rack, then let it sit for 10 minutes. Transfer the ciabatta to the wire rack to cool completely.

Nutrition:

Calories: 140

Carbs: 30g

Fat: 0g

Protein: 5g

Focaccia Bread

Preparation time: 7-13 hours & 20 minutes

Cooking time: 30 minutes

Servings: 12

Ingredients:

For Activating the Starter:

- 4¾ ounces (½ cup) sourdough starter
- 4 ounces (½ cup) lukewarm (90°F to 100°F) pure filtered or bottled water
- 4 ounces (1 cup) whole-wheat flour

For the Focaccia Dough:

- 2¼ teaspoons active dry yeast
- 12 ounces (1½ cups) warm (100°F to 125°F) pure filtered or bottled water
- 9½ ounces (1 cup) active sourdough starter
- 2 teaspoons fine sea salt
- 1 tablespoon sugar
- 12¾ ounces (3 cups) unbleached all-purpose flour, divided
- 2 tablespoons butter, at room temperature
- 2 tablespoons olive oil, plus more for your hands and the plastic wrap
- Freshly ground Himalayan salt, or another coarse salt
- Freshly ground black pepper

For the Optional Toppings:

- Crushed or roasted garlic
- Fresh or dried rosemary, oregano, basil, thyme, sage, marjoram, etc.
- Grated or shredded Parmesan, Romano, or Pecorino cheese
- Shredded sharp Cheddar, blue, feta, fresh mozzarella, or other cheese

- Sliced jalapeño peppers
- Thinly sliced baby portabella mushrooms
- Thinly sliced plum, cherry, or grape tomatoes
- Thinly sliced red onion

Directions:

- Mix the starter, lukewarm water, plus flour, completely incorporating the fixings into the starter, at least 6 to 12 hours before making the dough, in a medium bowl. Wrap, then let sit on your counter until you're ready to use it.
- Early in the day, in a small bowl, sprinkle the yeast over the warm water. Let the yeast bloom for 10 minutes. Stir the active starter, bloomed yeast, sea salt, sugar, and 2 cups of flour in a large bowl. Put the remaining 1 cup of flour and, in the bowl, knead it in.
- Wrap the bowl using a clean kitchen towel and let rise for 1 hour. Punch down the dough and let it rest within 10 minutes.
- Generously coat a 9-by-13-inch baking pan or baking sheet with the butter and transfer the dough to it. With well-oiled hands, press the dough down to fill the pan or into a rectangle on the baking sheet until it is about 1 inch thick.
- Using your middle knuckle, dock (make indentations in) the dough. Drizzle the olive oil over your dough, covering the entire surface.
- Season the entire top with a few Himalayan salt and pepper grinds, or choose some of the optional ingredients—alone or in combination.
- Oil a piece of plastic wrap using olive oil and cover the focaccia with it. Let rise for 30 minutes—Preheat the oven to 425°F.
- Bake the focaccia for 15 minutes. Adjust your oven temperature to 375°F, then bake within 15 minutes more. Transfer the focaccia to a wire rack to cool for 10 minutes before serving.

Nutrition:

Calories: 120

Carbs: 23g
Fat: 1g
Protein: 4g

Baguettes



Preparation time: 9-15 hours & 10 minutes

Cooking time: 25 minutes

Servings: 4 batons

Ingredients:

For Activating the Starter:

- 4¾ ounces (½ cup) sourdough starter
- 4 ounces (½ cup) lukewarm (90°F to 100°F) pure filtered or bottled water
- 4 ounces (1 cup) whole-wheat flour, or flour of choice

For the Baton Dough:

- 9½ ounces (1 cup) active sourdough starter
- 13 ounces (3 cups) unbleached bread flour, plus more for dusting
- 4 ounces (1 cup) whole-grain whole-wheat flour
- 10½ ounces (1 1/3 cups) room temperature (75°F) pure filtered or bottled water
- 2 teaspoons fine sea salt
- 1 cup ice cubes

Directions:

- Mix the starter, lukewarm water, and flour, completely incorporating the fixings into the starter, at least 6 to 12 hours before making the dough, in a medium bowl. Wrap, then let sit on your counter until ready to use.
- Stir the active starter, bread flour, whole-wheat flour, bowl of a stand mixer, and room temperature water until the flour is completely incorporated into the dough. Let sit for 20 minutes.
- Attach the dough hook. Put the salt and knead the dough on low speed for 5 minutes, or 10 minutes by hand. The dough will be shaggy. Remove the bowl from your machine then use a flexible dough scraper to fold the dough, scraping from the bottom, up, and over the top. Turn the bowl and repeat. Continue this process for 5 minutes more.
- Wrap the bowl with a clean kitchen towel and let rest for 1 hour. Repeat the dough scraping and folding for 5 minutes, re-cover, and let rest for 1 hour more.
- Cover the dough with a plastic piece, pressing it down onto the top of the dough so it won't dry out. Over the top of the bowl, place another piece of plastic to keep the air out. Refrigerate the dough overnight.
- Remove the bowl from the refrigerator and put it on the kitchen counter. Remove all the plastic wrap then wrap the bowl with a clean kitchen towel. Let sit for 1 hour.
- Divide the dough into four pieces. Flour a breadboard or clean work surface, then put your dough on it. Shape each piece into a log (1 foot long). Tuck the ends under, then roll, flat-handed, until the loaf is even and smooth all around. Try to make the batons about the same size. Flour the tops of your bread dough loaves, then wrap with a clean kitchen towel. Let the loaves proof within 30 minutes, or until they double in size.
- Put a large rimmed sheet pan on the bottom rack of your oven and set a baking stone on the rack above it, making sure the pan is large

enough to extend out farther on one side of the stone—Preheat the oven to 450°F.

- Slash each loaf using a bread lame or very sharp knife. Prepare a baking sheet using a piece of parchment paper, smaller than the baking stone. Put the loaves on the paper.
- Slide the parchment with the batons onto the baking stone using oven gloves. Put the ice in your pan below the baking stone. Close your oven door to allow the ice to dissolve and, almost immediately, turn to steam. Adjust your oven temperature to 400°F and bake within 25 minutes.
- Using oven gloves, remove the loaves from the oven. Try not to squeeze the bread. Place the loaves on a wire rack to cool completely.

Nutrition:

Calories: 130

Carbs: 20g

Fat: 5g

Protein: 4g

Pretzels



Preparation time: 6-12 hours

Cooking time: 8-14 minutes

Servings: 10 pretzels

Ingredients:

Baking Soda Water:

- 70 grams baking soda
- 2 quarts water

Dough:

- 480 grams bread flour
- 80 grams whole-grain flour
- 160 grams sourdough starter
- 280 grams water
- 45 grams unsalted butter
- 22 grams barley malt syrup (1 tablespoon) or 1 tablespoon firmly packed dark brown sugar

- 13 grams salt (2¼ teaspoons)
- 2 grams diastatic malt powder (½ teaspoon)
- Olive oil, for greasing
- 1 egg, beaten, to brush the dough before baking (optional)
- Pretzel salt, for topping (optional)

Directions:

- Warm your oven to 250°F. Spread your baking soda on an aluminum pie pan. Bake the baking soda within 1 hour, then allow it to cool. Put the flours, sourdough starter, water, butter, barley malt syrup, salt, and malt powder in the bowl of a stand mixer and mix with a paddle attachment at low speed.
- Scrape down the sides of your bowl, switch to a dough hook, then mix on medium speed within 5 minutes.
- Transfer the dough to a clean, lightly oiled medium bowl, cover, and let rest for 30 minutes. Lift your dough out of the bowl with both hands, stretch it until it is long (without tearing it), and roll it up starting from a short end.
- Turn it 90° in your hands, then repeat this stretching plus rolling. Repeat until your dough is too tight to stretch and roll. Return the dough to your bowl, then wrap. Let your dough continue to rise until it has close to double in size, about 4 to 8 hours from the initial mixing.
- Scrape your dough out onto your lightly floured counter and de-gas it by pressing out all air pockets. Split the dough into 10 pieces, about 108 grams each. Preshape each piece of dough into a tube about 6 inches long.
- Dampen a tea towel, then use it to cover the dough as it rests for 15 to 20 minutes. Line two baking sheets with parchment paper, and lightly oil the paper with olive oil. Roll your dough tube under your palms until it is about 24 inches long.
- Put flour on your countertop only if your dough is very sticky. Hold the long dough tube ends and then lay the middle of your dough in a

U shape on your baking sheet.

- Twist the ends twice, flip the ends, then twists back toward the U, and press the ends into the 10 o'clock and 2 o'clock positions on the U. Repeat with the other 9 tubes for 5 pretzels per baking sheet.
- Cover the baking sheets with a damp tea towel or place them inside plastic bags. Let the dough proof for 1 to 2 hours, until it rises by about 50%. After the final proof, uncover the pretzel dough to help the pretzels develop skin while you do the following steps.
- Boil 2 quarts of water in a 4-quart stainless steel pot. Put the baked baking soda, then stir until it dissolves. Reduce the heat to a gentle simmer.
- Preheat your oven to 475°F. Lower the pretzels into the baking soda solution using a large slotted spoon or spatula. Simmer 2 at a time for 20 seconds, flipping halfway through.
- Remove the pretzels from your liquid, letting the liquid drain off a bit, then return the pretzels to the baking sheets. Leave about 1 inch between each pretzel. Repeat until all your pretzels have been boiled.
- Brush the tops of your pretzels with the egg wash (if using, for a glossy finish). Score the U's bottom using a lame, then top the pretzels with pretzel salt (if using). Bake within 8 to 14 minutes, rotating your pans halfway through the baking time if needed for even browning.
- Move the pretzels to a rack to cool within 10 minutes before serving.

Nutrition:

Calories: 110

Carbs: 23g

Fat: 1g

Protein: 3g

6 Leftover Starter

Fluffy Pancakes



Preparation time: 20 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 2 cups sourdough starter
- 2 eggs
- ¼ cup coconut oil, melted
- 2 tbsp honey
- ½ tsp salt
- 1 tsp baking soda
- 2 tbsp coconut oil for frying

Directions:

1. Mix eggs, starter, honey, coconut oil, and salt in a large bowl. Add baking soda last, and watch the starter foam up. Preheat 1 tbsp coconut oil in a pan.
2. Once hot, pour a full ladle of batter onto the hot oil and reduce the heat a bit to not burn the pancake. When the top is bubbly, flip the pancake—Cook for 30 seconds on another side. Repeat for the remaining batter.

Nutrition:

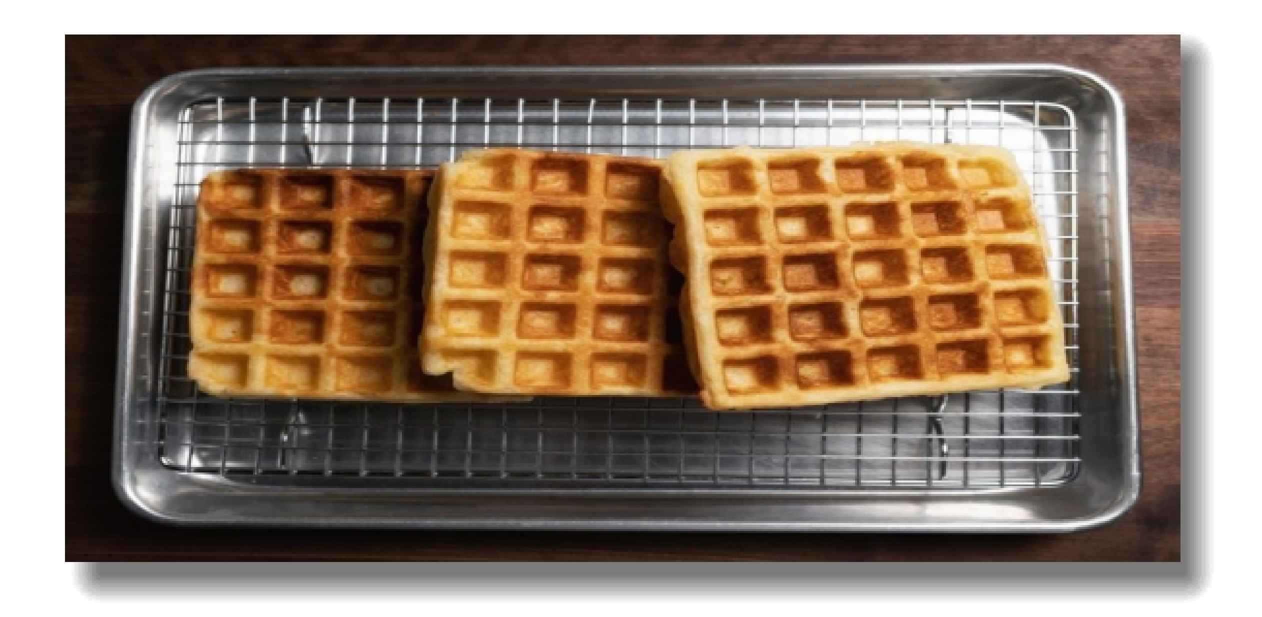
Calories: 266

Carbs: 57g

Fat: 1g

Protein: 6g

Waffles



Preparation time: 4 hours & 30 minutes

Cooking time: 30 minutes

Servings: 1

Ingredients:

- 1 ½ cups all-purpose flour
- 1 ½ cups water
- 1 cup sourdough starter
- ½ cup vegetable oil
- 2 eggs
- 2 tbsp white sugar
- 2 tsp salt
- 1 tbsp water
- 1 tsp baking soda

Directions:

- Mix 1½ cups water, flour, and starter in a large bowl. Cover loosely, using plastic wrap, and leave overnight in a warm place. Add eggs, oil, sugar, and salt to the batter and mix until well combined.
- Whisk 1 tbsp water and baking soda in another bowl. Fold the mixture into the batter using a rubber spatula—Preheat waffle iron.
- Pour batter onto hot iron and cook for 3 minutes or more until golden and crisp. Repeat for the remaining batter.

Nutrition:

Calories: 169

Carbs: 22g

Fat: 7g

Protein: 6g

Whole Grain Waffles

Preparation time: 30 minutes

Cooking time: 3-4 minutes

Servings: 4 waffles

Ingredients:

- 300 grams water
- 300 grams milk
- 300 grams whole-grain einkorn flour
- 100 grams sourdough discard
- 3 grams salt (½ teaspoon)
- 3 grams baking soda (½ teaspoon)
- 2 eggs (optional)
- Oil or butter, for greasing

Directions:

- In a medium bowl with space for tripling, mix the water, milk, flour, and sourdough discard. Cover and let sit at room temperature overnight. Preheat your waffle iron.
- Whisk the salt, baking soda, and eggs (if using) into the batter—spray oil or brush butter on the waffle iron. Scoop 1/3 cup of batter onto the waffle iron and cook according to your waffle-iron maker's instructions for 3 to 4 minutes. Repeat for the remaining batter.

Nutrition:

Calories: 170

Carbs: 26g

Fat: 6g

Protein: 5g

Naan Flatbread

Preparation time: 50 minutes

Cooking time: 3-4 minutes

Servings: 8

Ingredients:

- 275 grams all-purpose flour
- 200 grams sourdough discard
- 125 grams milk
- 75 grams plain yogurt
- 6 grams salt (1 teaspoon)
- Minced garlic, chives, or other herbs, for seasoning (optional)
- Oil or butter, for greasing
- Minced garlic and herbs in melted butter for topping (optional)

Directions:

- Mix the flour, sourdough discard, milk, yogurt, and salt in a medium bowl. Flour your countertop, then knead your dough within a few minutes. Put extra flour if your dough is too sticky or more milk if it’s too dry.
- Return the dough to the bowl, cover, and let it nearly double in size. Even though you are using discard, the dough will ferment. This could take 4 to 8 hours at room temperature or several days in the refrigerator.
- Scrape your dough out onto a floured countertop, de-gas it by pressing out all air pockets, and divide it into 8 pieces. Add minced garlic, chives, or herbs (if using) to the dough at this point.
- Shape the pieces into balls, keeping track of which ball you made first so that it can be the dough that you roll flat first. You need about 10 minutes between forming the ball and rolling it flat for the gluten to relax.

- On your stovetop, bring a 10-inch or larger cast-iron skillet to medium heat. Lightly flour your countertop and lightly grease your rolling pin with oil or butter. Roll out your first ball to about ¼-inch thickness.
- Lay the dough on the hot, dry pan and cook for 1 to 2 minutes. When the top of the dough bubbles and the sides curl under, flip the naan and cook the other side for 1 to 2 minutes. Aim for light brown spots on each side and adjust your heat accordingly.
- Brush the cooked naans with melted garlic-and-herb butter (if using) after you pull them out of the pan while they're still warm. Serve the naans warm.

Nutrition:

Calories: 160

Carbs: 25g

Fat: 4g

Protein: 4g

Crêpes

Preparation time: 40 minutes

Cooking time: 2-4 minutes

Servings: 10-12 crepes

Ingredients:

Crêpe batter:

- 70 grams unsalted butter
- 270 grams all-purpose flour
- 200 grams sourdough discard
- 340 grams milk
- 5 eggs
- 3 grams salt (½ teaspoon)
- Butter, for greasing

Optional Toppings:

- Fruit jam
- Crème fraîche
- Whipped cream
- Sliced strawberries, bananas, or other fruit
- Lemon juice and sugar

Chocolate Ganache:

- 100 grams chopped dark or semisweet chocolate
- 65 grams heavy cream

Directions:

- Dissolve the butter in a small bowl in a microwave on low power. Mix the melted butter, flour, sourdough discard, milk, eggs, and salt in a medium bowl. On your stovetop, heat a nonstick skillet over

medium heat. Put a small pat of butter in it, and when the butter sizzles, spread it with your spatula.

- Put 1/3 cup of your batter into the skillet. Spread the batter thin by tilting and swirling the skillet. Cook the crêpe for 1 to 2 minutes and flip when bubbles pop through the surface, and the edges curl under. Cook within an additional 1 to 2 minutes on the other side. Serve warm with toppings (if using).
- Mix the chocolate plus heavy cream in a microwave-safe bowl—microwave on low power in 30-second increments, mixing in between. Stop microwaving before the lumps of chocolate are all melted. Stir until they melt. Serve with the crêpes.

Nutrition:

Calories: 49

Carbs: 7g

Fat: 2g

Protein: 5g

Chocolate Chip Cookies

Preparation time: 1 hour

Cooking time: 0 minutes

Servings: 8-10 cookies

Ingredients:

- 250 grams all-purpose flour
- 100 grams whole grain rye flour
- 5 grams baking soda (1 teaspoon)
- 6 grams salt (1 teaspoon)
- 228 grams unsalted butter, softened
- 160 grams brown sugar
- 140 grams granulated sugar
- 100 grams sourdough discard
- 4 grams vanilla extract (1 teaspoon)
- 2 eggs
- 340 grams semisweet chocolate chips (12 ounces)
- 125 grams chopped nuts (optional)
- Coarse salt, for topping (optional)

Directions:

- Warm your oven to 350° F. Whisk the flours, baking soda, and salt in a bowl. Set aside. In the bowl of your stand mixer, beat the butter, brown sugar, granulated sugar, sourdough discard, and vanilla extract until creamy.
- Add the eggs and beat on medium speed until fully incorporated. Gradually beat in the whisked dry ingredients. Mix in the chocolate chips plus nuts (if using).
- Cover and refrigerate the dough for at least 30 minutes. This helps hydrate the flours and makes the sticky rye-containing dough easier to handle. Also, chilling the dough usually results in a taller cookie.

- Using two spoons (one to scoop and one to scrape) or a cookie scoop, lay tablespoon-size chunks of cookie dough on two ungreased baking sheets, separated by about 2 inches. Sprinkle coarse salt (if using) on the dough.
- Bake within 8 to 10 minutes, until the cookies are light golden brown with no wet-looking dough on their surface. Remove from the oven, leave the cookies on the baking sheet for about 2 minutes, and then transfer them to cooling racks. Serve.

Nutrition:

Calories: 140

Carbs: 20g

Fat: 6g

Protein: 1g

Whole Wheat Banana Bread

Preparation time: 30 minutes

Cooking time: 60 minutes

Servings: 1 loaf

Ingredients:

- 227 grams (1/2 cup) butter
- 200 grams (1 cup) sugar
- 240 grams (2 cups) whole wheat flour
- 227 grams (1 cup) active sourdough starter
- 3 grams (1/2 teaspoon) baking soda
- 4 grams (one teaspoon) vanilla extract
- 6 grams (one teaspoon) sea salt
- 2 medium bananas, mashed
- 1 Egg

Directions:

- Mix the sourdough starter and mashed bananas. Whisk together the butter, sugar, egg, and vanilla and pour in the starter-banana mixture.
- In another separate bowl, combine the flour, salt, and baking soda and add it to the banana mixture and mix until combined. Do not over-mix.
- Grease a 9-by-5-inch bread pan and pour the batter inside. Preheat the oven to 350°F for 20 minutes.
- Bake at 350oF for 1 hour or until a toothpick inserted into the loaf center comes out clean. Let your loaf cool on a cooling rack before slicing.

Nutrition:

Calories: 280

Carbs: 44g

Fat: 10g

Protein: 5g

Crackers

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 4

Ingredients:

- 3 cups Starter
- 1-1/2 cups Flour
- 4 tbs butter or plant-based oil
- 1 tbsp salt
- Herbs, about 2 tablespoons

Directions:

- Mix dough with the above ingredients in the specified amounts. Let it rest for 30 minutes. Roll out the dough until it is about 1/16-inch thick or until you can see some light through it when you hold it up.
- Cut into square or triangular shapes and score with a fork. Place the scribed dough on a flat baking pan and place the pan in the oven—Bake in the oven for 25 minutes at 175 ° C or until browned. Turn in half. Let cool on the wire rack for a few hours.

Nutrition:

Calories: 130

Carbs: 19g

Fat: 5g

Protein: 3g

Tortillas

Preparation time: 50 minutes

Cooking time: 3-4 minutes

Servings: 8 tortillas

Ingredients:

- 300 grams all-purpose flour
- 100 grams soft white whole grain flour
- 220 grams water
- 80 grams sourdough discard
- 45 grams light olive oil or avocado oil
- 9 grams salt (1½ teaspoons)

Directions:

- Mix the flours, water, sourdough discard, oil, and salt in a bowl. Lightly flour your countertop and knead the dough for 1 to 2 minutes.
- Return the dough to the bowl, cover, and let ferment for at least 1 hour at room temperature or upwards of 24 hours in the refrigerator. Aim for a 30% increase in the dough size for a soft fermentation flavor.
- Lightly flour your countertop, remove the dough from your bowl, de-gas it by pressing out all air pockets, and divide it into 8 pieces. Shape the pieces into balls and cover them with plastic wrap or an inverted bowl. On your stovetop, heat a 10-inch or larger cast-iron skillet over medium heat.
- Starting with the ball you first shaped, roll out the dough to about 1/8-inch thickness. You may want to roll the dough between two pieces of plastic wrap to prevent sticking, tearing, and overflouring. Or use a tortilla press if you have one.
- Place the tortilla dough on the dry, hot skillet, and cook each side for 1 to 2 minutes. There should be light brown spots on each side.

You’ll probably have time to roll the next ball of dough while cooking each tortilla. Once all the tortillas are cooked, cover them to keep them warm and pliable.

Nutrition:

Calories: 100

Carbs: 20g

Fat: 3g

Protein: 2g

Biscuits



Preparation time: 1 hour

Cooking time: 15 minutes

Servings: 5

Ingredients:

- 200 grams all-purpose flour
- 60 grams white whole wheat flour
- 2 teaspoons granulated sugar
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 6 grams of sea salt
- 120 grams cold whole milk, plus more for brushing the tops
- 100 grams cold starter discard
- 1 stick cold unsalted butter

Directions:

- Oven preheats to 400 F. Attach the flour, sugar, baking strength, baking soda, and salt in a wide blending tub. Stir to combine.

Whisk the milk and sourdough starter together in a separate medium mixing cup until mixed.

- Attach bits of butter to the dry ingredients. Mash all-butter bits once through the tines of a fork or pastry mixer. Attach the wet ingredients to the air, and stir until the dough is shaggy.
- Turn the raw dough out onto a floured surface and shape it into a rectangle 1 inch thick. Tuck the rectangle like a letter in thirds. Stab the dough loosely with flour and roll it out to 1 1/2 inches thick using a rolling pin. Do the letter fold and roll the dough over again, this time about 3/4 of an inch thick.
- Cut the dough into the form you want. We recommend square biscuits because there is no remaining leftover dough. Layer the biscuits on a parchment baking sheet, and brush the tops with milk. Bake for about 15 minutes, or until well-rested and golden. Serve straight away.

Nutrition:

Calories: 145

Carbs: 16g

Fat: 1g

Protein: 3g

Pasta



Preparation time: 1 hour

Cooking time: 5-7 minutes

Servings: 2-3 servings

Ingredients:

- 100 grams all-purpose flour
- 100 grams bolted durum wheat flour or semolina rimacinata
- 2 eggs
- 60 grams sourdough discard
- 7 grams olive oil (½ tablespoon), plus more for greasing
- 6 grams salt (½ teaspoon)
- 15 to 30 grams water (1 to 2 tablespoons), as needed

Directions:

- Combine the flour, eggs, sourdough discard, 7 grams of olive oil, salt in the bowl of a stand mixer and mix with the paddle attachment for 1 minute. Add water only if there is unincorporated dry flour.

- Transfer the dough to your countertop and knead it for 1 to 2 minutes. The dough will be stiff, even tearing a little, but add water only if it breaks apart. Lightly oil a small bowl, place the dough inside, cover, and let the dough expand by 25% to 75%. This can take hours at room temperature or days in the refrigerator.
- Set up a pasta-rolling machine and a pasta rack or floured baking sheet. Bring 4 to 6 quarts of water to a boil in a large pot. Scoop the dough out onto your countertop and de-gas it by pressing out all air pockets.
- Cut off a chunk of the dough, approximately 95 grams, and cover the remaining dough with plastic wrap. Shape the dough piece into a rectangular block and roll it through the pasta machine from #0 through #4 (or #5). Flour the thin sheet, then roll it through the spaghetti or fettuccini attachment.
- Hang the pasta on your drying rack, or toss it with flour and lay it on your baking sheet. Add the pasta to the boiling water and cook for 5 to 7 minutes. Strain the pasta and serve.

Nutrition:

Calories: 270

Carbs: 55g

Fat: 1g

Protein: 0g

Measurement Conversio n

Volume Equivalents (Liquid)

US STANDARD	**US STANDARD (OUNCES)**	**METRIC (APPROXIMATE)**
2 tablespoons	1 fl. oz.	30 mL
¼ cup	2 fl. oz.	60 mL
½ cup	4 fl. oz.	120 mL
1 cup	8 fl. oz.	240 mL
1½ cups	12 fl. oz.	355 mL
2 cups or 1 pint	16 fl. oz.	475 mL
4 cups or 1 quart	32 fl. oz.	1 L
1 gallon	128 fl. oz.	4 L

Oven Temperatures

FAHRENHEIT (F)	CELSIUS (C) (APPROXIMATE)
250°	*120°*
300°	*150°*
325°	*165°*
350°	*180°*
375°	*190°*
400°	*200°*

425°	*220°*
450°	*230 °*

Volume Equivalents (Dry)

US STANDARD	**METRIC (APPROXIMATE)**
1/8 teaspoon	0.5 mL
¼ teaspoon	1 mL
½ teaspoon	2 mL
¾ teaspoon	4 mL
1 teaspoon	5 mL
1 tablespoon	15 mL
¼ cup	59 mL
1/3 cup	79 mL
½ cup	118 mL
2/3 cup	156 mL
¾ cup	177 mL
1 cup	235 mL
2 cups or 1 pint	475 mL
3 cups	700 mL
4 cups or 1 quart	1 L

Weight Equivalents

US STANDARD	METRIC (APPROXIMATE)
½ ounce	*15 g*

1 ounce	*30 g*
2 ounces	*60 g*
4 ounces	*115 g*
8 ounces	*225 g*
12 ounces	*340 g*
16 ounces or 1 pound	*455 g*

Glossary

All-Purpose Flour: A refined “white” flour with a moderate protein level and gluten strength, good for general use, and some bread, such as baguettes.

Autolyse: A stage of premixing the flour and water (sometimes salt, too) and beginning the process of starch breakdown and gluten development before leaven (sourdough starter or yeast) is added.

Baking Stone/Steel: A large sheet of stone or steel that covers an oven shelf and is preheated with the oven and often used for ciabatta, baguettes, pizza, and other doughs that don’t fit in a closed baking vessel. The stone or steel conveys significant heat to the dough as soon as it’s loaded into the oven.

Baking Vessel: An enclosed vessel, such as a Dutch oven or clay baker, that traps the steam created by the heating dough. The steam allows the crust to expand and then get crispy.

Banneton: A basket that holds shaped dough during the final proof, helping keep the form of the final loaf. Also called a proofing basket or brotform.

Bâtard: An oval-shaped loaf of bread, sometimes with tapered ends.

Bench Knife: A straight-edged metal rectangle with a handle that is used to move dough and to scrape the bench or countertop. Also called a pastry scraper.

Bench Rest: The stage of baking after dough is divided and preshaped. The bench rest allows the gluten network to realign and relax before the final shaping.

Blistering: Crispy bubbles that sometimes form on the crust of an artisan-style sourdough bread. Blistering is increased with a cold final proof and more refined flour in the dough relative to whole grain flour.

Bloom: The opening of a score during the baking process.

Bolted Flour: Flour, usually stone milled, that has been sifted so that it has less bran than whole grain flour but more than refined flour. Also called sifted flour.

Boule: A round loaf of bread.

Bowl Scraper: A plastic or silicone spatula that's curved to fit a bowl and with a wide base to hold. Also called a dough scraper.

Bran: The outer layer of wheat grains that is rich in fiber, essential fatty acids, minerals, vitamins, and other nutrients .

Bread Flour: A refined "white" flour with higher protein levels and gluten strength than all-purpose flour that is used for making bread.

Brotform: See banneton.

Bulk Fermentation: The first stage of fermentation of dough, ranging from a few hours to several days depending on the amount and dormancy of the sourdough starter used, the temperature of the dough and environment, and the type of flour in the dough. Also called the first rise.

Clay Baker: A clay baking vessel that traps steam and tolerates high heat. Also called a cloche.

Cloche: See clay baker.

Coil Fold: A method of developing the gluten in a dough during the bulk fermentation whereby you lift the dough out of the bowl, let the edge curl under, place it back in the bowl, rotate your hands 90°, and repeat several times.

Couche: A linen cloth used for proofing dough of various size and shape, such as ciabattas and baguettes. Channels are created by making folds in the fabric to support the dough.

Crumb: The interior of a loaf of bread, often with the descriptor "tight" or "open," referring to the airiness of the bread. Some types of crumb include fool's crumb (a mix of very tight and big holes), honeycomb (evenly spaced and moderately open), and wild (a mix of moderate and very large holes).

Crust: The exterior of the loaf of bread.

Dough Scraper: See bowl scraper.

Dough Whisk: A mixing tool of metal coils (usually three) on a relatively flat plane compared to a traditional whisk. A dough whisk glides through dough more easily than spoons.

Dutch Oven: A baking vessel that traps steam and tolerates high heat. It is usually made of seasoned cast iron or enameled cast iron.

Ear: A dramatically peeled-back single opening of a score.

Elasticity: The characteristic of gluten in dough that allows it to retract after being stretched.

Endosperm: The portion of wheat grain that is the energy store for the seed and the main part of wheat grains in refined flour .

Extensibility: The characteristic of gluten in dough that allows it to stretch without snapping back. Some wheat varieties have more extensibility, such as spelt.

Extraction : When wheat is milled, the extraction is the percentage of the grains that end up in the flour. For example, whole grain flour is close to 100% extraction because it is not sifted, and if 10% by weight of the bran were sifted out, the flour would be 90% extraction.

Fermentation: The process by which yeast and bacteria break down and consume starch and sugar and produce carbon dioxide, alcohols, and other compounds.

Final Proof: The stage in baking during which the dough continues to rise and ferment in its final shape. Also called proofing.

First Rise: See bulk fermentation.

Germ: The part of the wheat grain that is the plant embryo. The germ is high in folate, vitamin E, and thiamin.

Gluten: A group of proteins in wheat that are responsible for the elastic and extensible characteristics of dough.

Hooch: The liquid that forms on the top of sourdough starter, often when the starter has used most of the food supply.

Hydration: The amount of water in a dough relative to the amount of flour. Hydration is calculated by dividing the flour weight by the water weight (for example, 350 ÷ 500 = 0.70 or 70%).

Kneading: The traditional way to build gluten strength in a dough and ensure complete incorporation of the ingredients. Methods differ, but kneading usually involves pushing the dough down and away from you on a countertop, folding it, and repeating.

Lactobacillus: A type of bacteria that is part of sourdough fermentation. Lactobacillus converts the sugars in grains, fruits, and vegetables into lactic

acid.

Lame: A razor blade attached to a handle that's used to score dough.

Lamination: A method of building gluten strength, usually during the bulk fermentation, whereby you stretch the dough thin on a damp countertop and then fold it up and return it to the bowl.

Levain/Leaven: A chemical or biological agent used to create air pockets in dough or batter. Sourdough starter, commercial yeast, wild yeast, baking soda, and baking powder are all examples of leavening agents .

Maillard Reaction: A chemical reaction between amino acids and sugars that occurs on the crust of bread at temperatures over 285°F, resulting in browning and new aromas and flavors.

No-Knead: Bread recipes that involve an initial mixing of the dough and no active gluten development during the bulk fermentation. Generally, less starter or yeast is used in order to allow passive gluten development over time.

Oven Spring: The upward rise of a bread in the oven due to the carbon dioxide released in the dough as it heats up.

Overproofed: An adjective to describe bread that has fermented too long and has exhausted its food source. Overproofed bread tends to be flatter, with minimal score bloom, but generally flavorful and not too dense.

Pastry Scraper: See bench knife.

Preshaping: A stage in baking during which the dough is removed from the bowl, divided if it is a large batch, and shaped into a ball (sometimes a tube) to allow the gluten network to reorganize.

Proofing: See final proof.

Proofing Basket: See banneton.

Retard: To refrigerate dough during the bulk fermentation or final proof in order to slow fermentation, whether for flavor, schedule, or other preferences.

Rubaud Mixing: A method of gluten development at or shortly after the mixing stage during which an edge of the dough is scooped up repeatedly.

Saccharomyces Cerevisiae: It is the common species of yeast found in sourdough starter.

Score: To cut with a lame or knife on the surface of a dough before it is baked in order to direct the force of the oven spring to specific openings.

Second Rise: See final proof.

Shaping: A stage of bread making when the dough is folded and formed into its final shape before the final proof.

Sifted Flour: See bolted flour.

Slap and Fold: A method of fully incorporating ingredients and building gluten strength at the beginning of the bulk fermentation. Slapping and folding dough involves smacking the dough on a countertop, folding it over itself, turning it 90°, and repeating. It's usually done on wetter doughs like ciabatta and brioche if a stand mixer isn't available .

Sourdough Starter: A flour and water mixture containing symbiotic populations of yeast and bacteria that leaven bread through fermentation.

Stretch and Fold : A method of building gluten strength during the bulk fermentation whereby you use damp fingertips to pull an edge of the dough upward out of the bowl and then fold it over the rest of the dough, repeating around the entire bowl several times.

Tea Towel: A dish towel with a smooth, rather than terrycloth, texture.

Thermal Shock: The stress on and rupture of a surface due to a rapid shift in temperature, such as when an ice cube or sprayed water hits the hot glass window on an oven door and the glass cracks.

Tipo 00 Flour: An Italian-style flour that's finer in texture than bread flour and all-purpose flour. Often used for pizza and pasta, Tipo 00 has varied protein content, though it's usually a little lower than bread flour.

Underproofed: An adjective to describe bread that hasn't risen sufficiently, usually with a dense and gummy interior.

Wheat: A grass that's cultivated for its seed in order to make bread, pasta, and more. Wheat is a worldwide staple food and has many varieties with different characteristics.

Whole Wheat/Whole Grain/Whole Meal Flour: Flour that is made from milling wheat grains and not sifting out any of the bran or germ.

Yeast: A single-celled organism that converts sugars and starches to carbon dioxide and alcohol during the fermentation process.

Conclusion

Now, let us take this time to say a big thank you to you for coming this far with us on this sourdough journey. We are convinced that you've learned a lot from this book, and it will be for you, as promised, an indispensable vade mecum.

Because it is a handbook, we adopted a detailed but not overly verbose style. From the history of sourdough bread, it is a healthier, nutritious, tastier option than traditional loaves of bread, a step-by-step guide on making a sourdough starter from scratch other equally game-changing tips.

Recall that your first need to bake sourdough bread is a sourdough starter made from flour and water. The wild yeast present in the flour serves as a leavening agent for the fermentation process.

Also, keep in mind that preparing the sourdough starter from scratch takes six days, and it may be more due to reasons already stated in this cookbook. Upon getting an active sourdough starter, you can progress with step-by-step instructions on making classic sourdough bread from flour, salt, sourdough starter, and water.

The bread gotten from this recipe is creamy, crunchy, tasty, and delicious. This cookbook also endeavored to equip you with troubleshooting knowledge, an outline on what may go wrong and how to fix it, tips on how to get sweet and tasty bread, and the do's and don'ts to help you get a perfect and delicious loaf.

To ensure you're not missing out on varieties, recipes for baguettes, ciabatta, pizza, and pasta are also given in this cookbook to show that sourdough bread baking has gone beyond just the classic bread; it has become an art!

We are convinced that you can now bake classic sourdough bread and make other recipes with all the things you have learned from this cookbook. Just keep laying your hand on each of the recipes and keep trying them. Even if you don't get it right in your first trial, do not give up; just keep trying, you will get better in no time. With frequent practice, in no time, you will be a master and a pro in baking sourdough bread and even making recipes beyond sourdough bread. Remember practicing brings perfection.

As a parting message, history favors us with the knowledge that social change has always been cyclical, and today's solutions may well be the problems of tomorrow. The fast-food era had overtaken the era of natural and organic food making processes. Still, now, given the substantial health disincentives that come with it, the circle has turned again, and there is a growing consciousness that we should return to the old ways. This book will give you that ability and put you ahead as far as bread making is concerned. Don't let this looming cultural shift catch you unawares !

Since you now have the skills, it is time to continue to create those flavorful, fresh loaves, rolls, and cakes. Take a moment to stop and smell the delectable aroma before you bite off a chunk and taste your steamy creation. It is time to get baking and share the secrets We've imparted to you in this cookbook and to truly treasure the gift that we have given you with all our intentions of love and passion.

We feel lucky to have shared our knowledge with you and set you up for baking success. We hope that you will nurture these skills and pass them along to your loved ones. Share them with your family and create memories that you can all cherish. Let the smell of freshly-baked artisan bread transport you back to those kitchen memories, just as it does for us.

